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Sunset

The Magazine of Western Living

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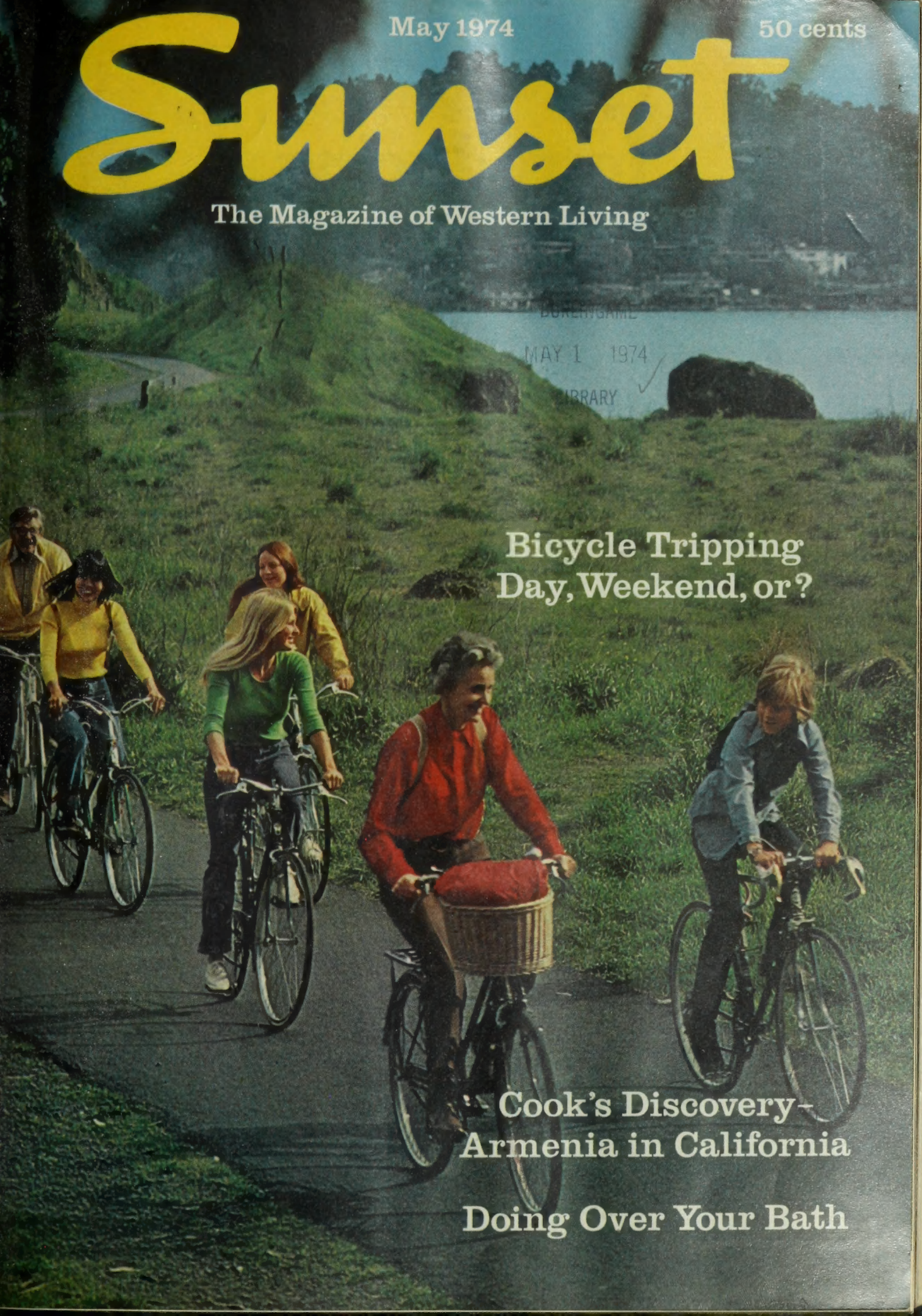


Bicycle Tripping Day, Weekend, or?

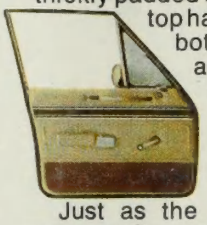
Cook's Discovery–Armenia in California

Doing Over Your Bath

Introducing a new small car from Dodge: Dart Special Edition.

The new Dart Special Edition is based on the premise that a small car can be a *very* luxurious car. High-backed seats covered in crushed velour are usually found on the world's most expensive cars. They are standard on the Dart Special Edition. For backseat passengers, convenience pockets are built into the back of the front seat.

The Dart Special Edition comes in two body styles. The two-door hardtop and the four-door sedan. Either is available with the economical Slant Six or V8 engine. Comfort and convenience are the bywords for both models. There's a woodgrain accented premium steering wheel with partial horn ring. Each door is thickly padded on the top half and carpeted on the bottom half. There are assist handles and armrests on each door. The Special Edition is finished throughout with plush cut-pile carpeting.



Just as the nameplate *Dart* expresses its economical nature, the standup *SE* hood ornament is emblematic of the quality and luxury present in each of these cars. Coordinated with the standard vinyl roof are five paint colors from which you can choose, each accented by thin gold tape stripes. And the color of your wheel covers will match the color of your car.

The 1974 Dodge Dart Special Edition could be one of the most significant cars of the year. See one at your Dodge Dealer's today.

New proof that a million Dart owners can't be wrong.

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The Cover Story

The new bikeway in Tiburon is the scene of this month's cover picture by Glenn Christiansen. It can be one part of a bridge-road-ferry bike tour from San Francisco, as described on page 42. But there's much more to bike tripping than bikeways—as our article beginning on page 78 makes clear

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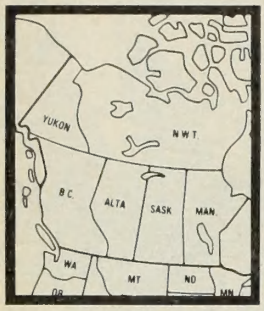
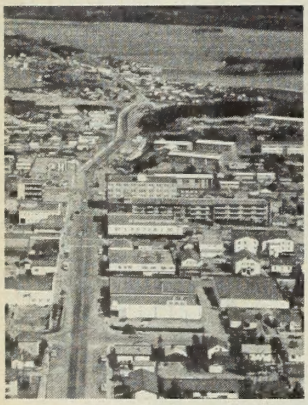
Yukon Territory: home of the Klondike.



Yukon Territory, neighbouring on your northern state of Alaska, is gold rush country.

Thousands and thousands of adventurers swarmed up to the Klondike in 1898, the year of the richest strike in history. Most of them arrived in Whitehorse on foot, after an incredibly long and arduous journey. But today, you can jet there.

Whitehorse is a great place to start your vacation. There are several smart new hotels and motels in town – yet within minutes, you can be fishing a foaming river or hiking through high mountain country.



You can still see some of the old-time Riverboats at Whitehorse. You can journey into the past on a motor launch trip through Miles Canyon. Or you can rent canoes and camping outfits and follow those early adventurers downriver to Dawson City. It will take you about ten days.

Dawson City: the Gold Rush town.

Dawson City was the end of the trail for almost 100,000 gold-hungry men back at the turn of the century. Whether you follow their river route from Whitehorse or fly there direct, it will fill you with a deep sense of history. Because so much of it is still the way it was.

You can pan for gold in Eldorado and Bonanza Creeks and still find souvenirs worth keeping. You can take in a Gay Nineties revue at the Palace Grand Theatre. And you can try your luck at the tables in Diamond Tooth Gertie's Gambling Hall.

Whether you're a history buff, a fisherman, a photographer, a bird-watcher, a rock-hound or just a plain get-away-from-it-all vacationer, the magnificent Yukon is for you.

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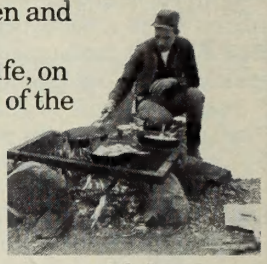
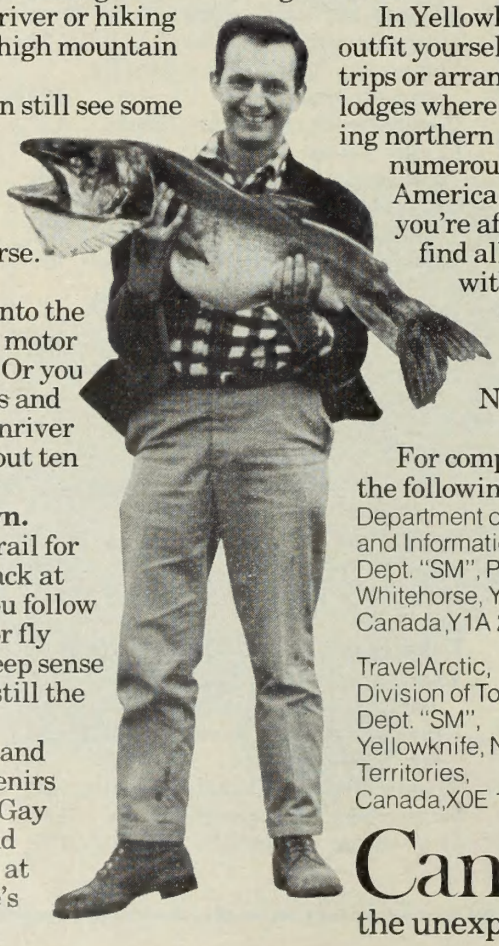


The modern city of Yellowknife, on Great Slave Lake, is the capital of the Territories and an important vacation centre. You can visit a gold mine there, play golf by the light of the midnight sun and shop for Eskimo soapstone carvings and hand-made jewellery set with local gemstones.



In Yellowknife and in Hay River, you can outfit yourself for wilderness camping and canoe trips or arrange fly-in expeditions to remote lodges where the lake trout, grayling and fighting northern pike are bigger, hungrier and more numerous than anywhere else in North America. And if mountaineering is what you're after, head for Baffin Island. You'll find all the excitement you can handle within easy reach of the modern conveniences of Frobisher Bay.

If you're ready for the adventure vacation of a lifetime, then Northwest Canada is ready for you.

For complete information, write to the following addresses:

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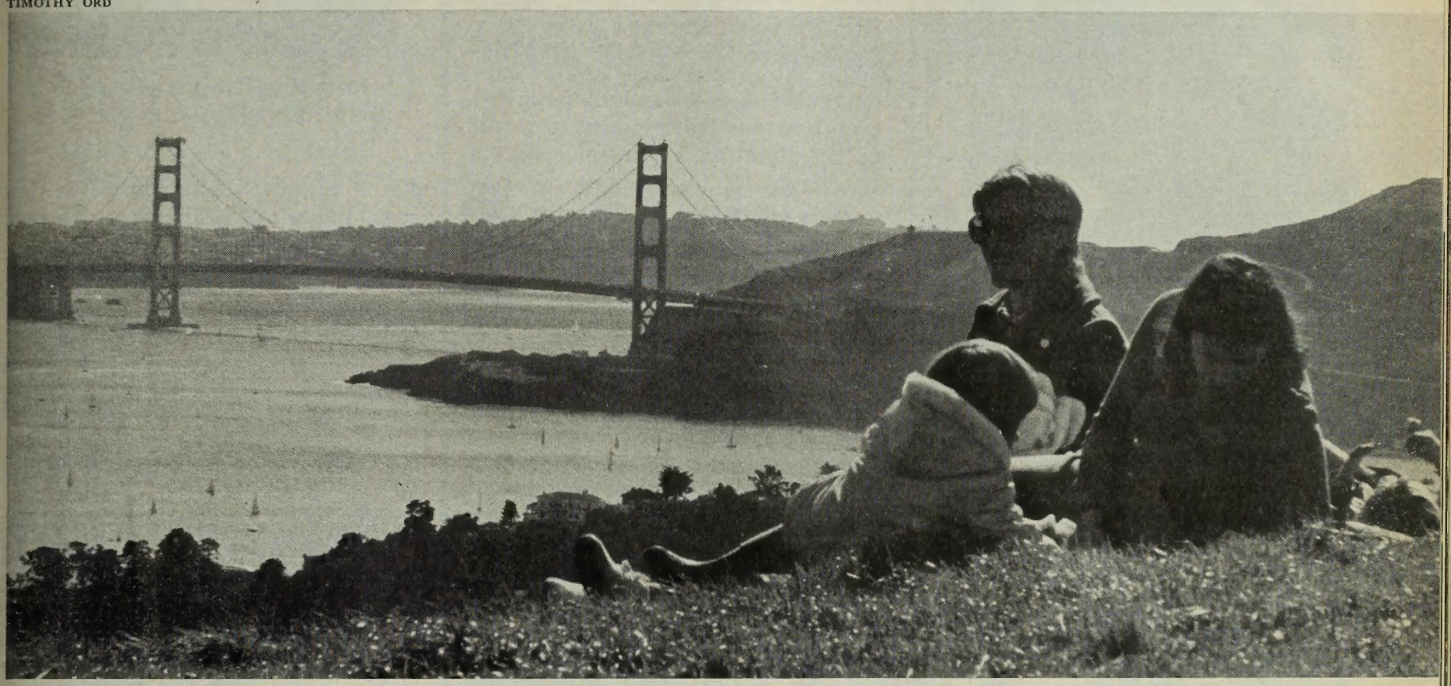

Ridge meadows *above Old Saint Hilary's offer nearly 360° view and a place to picnic and sun where people once watched ferries from Sausalito and Tiburon race to San Francisco*

Tiburon's wildflower hill

Perched pristinely on the green hillside above the Marin County community of Tiburon, Old Saint Hilary's Church is surrounded this month by a late-spring show of wildflowers that has long delighted all who take time to stroll through. The church, built in 1888, stands over springs said to be responsible for at least one miraculous cure—they're definitely responsible for part of the annual wildflower display.

Today the springs still burble up alongside the front steps and trickle down the hillside in watery fingers. The marshy area and the drier slopes behind the church form a natural flower garden unique in California. More than 200 varieties of ferns and wildflowers grow here—including black jewel flower and Tiburon paintbrush, which grow nowhere else in the world but the Tiburon Peninsula.

In 1959, the church and wildflowers were saved from encroaching real estate development by the Belvedere-Tiburon Landmarks Society, and dedicated as Old St. Hilary's Historic Preserve. The

Hillside church *is well-preserved example of carpenter's Gothic architecture. Grassy path from church leads up wildflowered slopes with botanic offerings that invite a close look. Ivory-petaled zigadene (below) blooms in marshy spots*

ANNA-JEAN COLE

Our own Armenian, *Edena Sheldon, center, explains Armenian pastries to us at San Francisco deli*

We visit Armenia in California

Two summers ago, one of our Armenian friends, Edena Sheldon, told us about the fun and food at some recent gatherings of her relatives. That got us started. A dozen picnics, three dozen Armenian shops and restaurants, and several hundred shish kebabs later, we felt prepared to work up our report on Armenian food.

We began by going right to the sources—in Fresno, Los Angeles, and San Francisco. We sampled food, collected recipes, and met good cooks at Armenian delicatessens, bakeries, markets, restaurants, a cheese factory, a bulgur mill, picnics, bazaars.

And we attended a spectacular picnic put on in Los Angeles by Edena Sheldon's family and friends. It's the grand finale of the 6-page article that begins on page 90.

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ANNA-JEAN COLE

Black jewel flower *is native only to Tiburon Peninsula's gravelly slopes*

church is now a museum devoted to local history and wildflowers. It's open 1 to 4 P.M. Wednesdays and Sundays through September; admission is free.

This month it will display Henry Evans' prints of wildflowers native to the 4-acre preserve. In June an exhibit of old maps, photographs, and drawings will commemorate Tiburon's history—as part of a rich Mexican land grant, then busy southern terminus of the railroad linking with San Francisco ferries.

On the marshy downhill slope this month you'll see lavender-tinted white brodiaea, pink-budded Franciscan flax, and rank-smelling but rare hedge-nettle. On drier slopes, the dark purple buds of black jewel flower appear. Through September, botanist Phyllis Ellman conducts wildflower walks in the preserve; groups can make appointments by calling (415) 435-1402. If you visit the preserve on your own, it's helpful to have in hand the Landmarks Society's descriptive booklet, *Saint Hilary's Garden* ($1.75 at the church or a book shop in town). Stay on paths in the preserve.

The path around the front and up the north side of the church leads you to a dirt road that connects with uphill paths first beaten 100 years ago by grazing cows. An easy hike uphill brings you to the peninsula ridge—a good spot for picnicking, kite flying, bay viewing.

You can reach Tiburon by ferry from San Francisco (from Fisherman's Wharf on weekends, from Ferry Building on weekdays). From the docks go east along the shore past the old railroad yard; go left on Mar West Street, up the hill past houses that remain from Tiburon's days as a railroad town. At Tiburon School, turn right and continue uphill on Esperanza to the church.

Hike to a play on Tamalpais

The Tamalpais Mountain Play Association, which may boast the briefest season in the West, will present its annual production in an outdoor amphitheater atop

Sunset School & Camp Directory

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GARDEN CENTER beginning page 242
FINE FOODS CUPBOARD beginning page 168
SHOPPING CENTER beginning page 247

Mount Tamalpais on the afternoons of May 5, 11, and 12, continuing a tradition begun in 1913.

Semiprofessional actors from little theater groups around the Bay Area will present "Rough 'n Ready," a rollicking play based on life in California during the Gold Rush. The 2-hour performance begins at 2 P.M. Spectators are invited to bring picnic lunches.

There are few parking places near the amphitheater; most people attending the play will have to hike, at least part of the way. For a free map of Tamalpais trails, stop at the Pantoll Ranger Station, 6 miles west of Mill Valley on the Panoramic Highway.

You also can take the bus from San Francisco. The Golden Gate Transit's 62 Bolinas bus leaves the Transbay Terminal at 8:10, 8:38, and 11:38 A.M. on weekend days. Get off at the Pantoll Ranger Station. From there it's a ¾-mile hike to the amphitheater. The last bus returning to the city picks up passengers at Pantoll at 6:29 P.M. Bus tickets cost $1 each way. Special Sunday buses going directly to the amphitheater and returning to San Francisco after the play will leave the Transbay Terminal at 8:30 and 10 A.M.

You can buy advance theater tickets through all Ticketron agencies; or buy tickets when you get there. Cost is $2.50 for adults, $1.50 for students or senior citizens; no charge for children under 6. Group rates are available.

If it rains, the play will be postponed until the following weekend.

A jubilee in San Rafael

San Rafael will celebrate its 100th birthday May 17 through 28. But its history goes back much further. Spanish Franciscans built a mission in December, 1817. Evidence indicates humans lived here even 2000 years ago.

An original musical review of San Rafael's first 100 years will launch the festivities May 17-19 and 21-24 at 8 P.M., and also on May 18 and 19 at 2 P.M. It will take place at San Rafael High School auditorium. Tickets available at the door cost $2.50.

Free events will include a rededication at noon, May 20, at the historic Victorian gate house of Boyd Park with a picnic and games; a centennial fair May 25 from 10 A.M. to 4 P.M. at Dominican College's Forest Meadows; and on May 26, a 1 P.M. parade along Fourth Street, a 4 P.M. yacht parade along San Rafael Canal, and an 8 P.M. fireworks display over San Pablo Bay.

For a complete list of events, write Centennial Headquarters, San Rafael City Hall, San Rafael 94901, or telephone (415) 456-7808. □

For travel planners, a May check list

Wilderness Alaska. Planning to sample Alaska's wide open spaces this summer? You may find the pamphlet, *Offbeat Alaska,* a helpful aid. Listed in it are permanent wilderness lodges; hunting, fishing, and backpacking guides and outfitters; as well as charter plane and boat listings. The brochure is available free from the Alaska Department of Economic Development, Pouch E-403, Juneau 99801.

Eastern Europe tour. Seven Eastern European countries are visited on 22-day summer tours with frequent departures from New York. You'll stop in Prague, hear Chopin's works performed at his home near Warsaw, see the Czars' palaces near Leningrad, and spend several days in Budapest, Sofia, and Dubrovnik. Round-trip air fare from New York, all meals, and lodging are included in the $2,000 cost. For details contact your travel agent or TRAVCOA, 111 N. Wabash Ave., Chicago 60602.

Sports camps. Golfers, backpackers, mountain climbers, and skiers can receive expert training and improve their skills in 7 and 14-day summer camp sessions in Utah and Wyoming. Prices vary, but range around $300. For details write Challenge, Box 11658, Salt Lake City 84111.

Scandinavian tour. Twenty-two-day tours of Norway, Sweden, Finland, and Denmark depart frequently from Los Angeles and Seattle through the summer. You'll have time for shopping and sightseeing in Copenhagen, Stockholm, Helsinki, Oslo, and Bergen. You'll travel by train through much of the Swedish countryside, and see Norway's fjords and mountain country. The $1,338 cost includes round-trip air fare, lodgings, and some meals. For details contact your travel agent or Bennett Tours, 2107 Van Ness, San Francisco 94109.

Mexico travel guide. The newly revised 194-page guidebook *Mexico,* by Cliff Cross, will be of special help to those planning to travel in Mexico by car. The book takes you along each major highway route with details on attractions and side trips along the way. It also includes information on history, fishing, shopping, fiestas, accommodations, and camping sites. It is available in many book stores or you can order it for $4.45 from Cliff Cross Travelguides, Box 160, Escondido, Calif. 92025. □

What a travel agent can do for you: Provide information on tours; reserve space on air, rail, bus, and steamship lines; make hotel, ranch, and resort reservations; take care of trip planning, including side trips and special events. Travel agencies do not charge for arranging transportation or package tours, but do charge for "custom" tour service.

Sunset *School & Camp Directory*

Camps

CAMP BEAVERBROOK
BOYS AND GIRLS, 7 to 15
On Cobb Mtn., Lake Co., Calif.
Fun of farm, forest, mountain, stream — where Pomo Indians camped. Sleep in tee-pee tents by stream — home of beaver, trout, turtles, frogs; **Western, English riding, tennis,** NRA riflery, archery, farm chores, building, drama, crafts, ecology, nature; swimming, fishing, sailing and canoeing in camp pond, stream or lake; **Water skiing, canoe, pack & nature trips available.** Trans. TO camp incl.
Special programs, ages 7-9, 10-11, 12-14.
Leadership training program (CILT) ages 15-17
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Member ACA and WAIC.

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Where Young People Plant Their Visions

BOB MATHIAS SIERRA GIRLS CAMP
Over 30 exciting activities.
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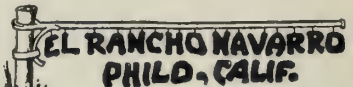
A joyous camp time for:
28 BOYS and 24 GIRLS 8-14 years
FULL CAMP ACTIVITIES with Western Riding taught daily, trail and arena. Sailing. Pool, creeks. Arts, ceramics, wood shop. Farm animals. Music. *Hiking & Sports. Spontaneity & Freedom. Outstanding counselors with supervision by* **Mr. and Mrs. Jim Barnett, 408-354-7703**
Write for Brochure & visit Sunday afternoon



A good Camp for Boys and Girls 7 to 16
Fun. More than 25 activities. Mature staff. Emphasis on personal worth. Equal opportunity. Day dream time. Minimum competition. Mendocino's Redwood Country. Free folder: **Edna & Irving Newman,** 957-S1 Phillips Av., Petaluma, Ca. 94952. (707) 763-1248.

U.C. DAVIS WRESTLING CAMP
August 11-August 17, 1974
Coached by Greg Johnson, three time NCAA Champion in wrestling. On UCD campus; meals and lodging included in $110 fee. Contact UCD Extension, U.C. Davis, Davis, CA 95616, for more information (916) 752-0880.

WILDERNESS TRIPS FOR BOYS
Boys 10-14, 12-16 Small group of 7 boys and 2 naturalist-mountaineer leaders per trip. 7 to 21 days in Sierra, Trinity Alps, Rockies or Alaska. Backpacking, fishing, wilderness skills, wildlife. FUN. Also Spring weekends. ACA accredited. **Alpenstock Adventures, Box 9186-S, Berkeley, CA 94709 • (415) 527-6547**

SEND YOUR SON OUTDOORS
TO LEARN: camping-fishing-back packing-ecology—live in the WILDERNESS—TRAVEL CAMP—Boys 11 to 17—ACA accredited. Write **Bob Stonoff, Wilderness Institute, 803 W. 11th St., Tempe, Ariz. 85281.**

Sunset School & Camp Directory

Camps

Coed 9-16. Complete program in **backpacking and snow mountaineering** for boys **and girls.** No experience necessary. Explorations of active **Volcanoes, Glaciers,** and **Caves.** Outstanding facilities in **Mt. Shasta Wilderness,** private lake, streams and natural springs. Special activities in astronomy (2000mm telescope), ceramics, ecology, geodesic domes, graphic arts, organic gardening, outdoor cookery, photo lab, sailing, wilderness guide training, and Yoga. Fully accredited. Brochure: **Earth Camp One, Box 34S, Montgomery Crk, Ca. 96065.**

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CHRISTIAN CAMP

Boys & Girls 8-15 3 Wk. Sessions **$265.**
"A time to play, to learn, to grow"

BACKPACKING • WATERSKIING • HORSES
11 exciting activities at BASS LAKE, CALIF.

Jim Sievcove, Director (714) 492-8954
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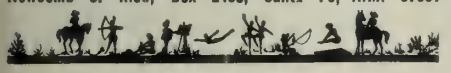
Brush Ranch for Boys & Girls

Separate camps. On Pecos River, in mtns. near Santa Fe. Boys — riflery, skeet, riding, swimming, fishing, tennis, pack trips, crafts. Girls—riding (English & Western), fencing, swimming, tennis, dance, art, music, drama, nature, pack trips. Two terms. Phone: 505/982-3991.
Newcomb S. Rice, Box 2450, Santa Fe, N.M. 87501



TUMBLING McD RANCH
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A Horse Ranch in the beautiful country of the Redwood Empire. Specializing in horsemanship for the beginners and advanced. Trail rides, pack trips, and horse shows. Lots of riding. Proper supervision. Limited Capacity. For Folder or Reservations write or call.

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EL ADOBE RANCHO

550 acre operating Sonoma Mountain cattle ranch and summer camp for boys and girls, 6-17. Horseback riding • horse shows • rodeo • animal care • swimming • canoeing • Honda Trail Rides • fishing • riflery • archery • campouts • hiking • dancing. **Owners, Mr. & Mrs. Reno Pronzini, 3268 Adobe Rd., Dept. S, Petaluma, CA 94952, Phone: 707-763-1011.** Write or call for brochure.

FLAMING GORGE RANCH **Vernal, Utah.** Coed 7-17. Any 3-5 wk. session June 24-Aug. 31. Riding, roping, packtrips, float Gr. River, ski Flaming Gorge, canoeing, basebl, heated pool, archery, riflery, xlnt food; Dirs: Art Reichle and Bob Horn, UCLA basebl & swim coaches, 42 yrs. experience. For brochure: Box 848, Newhall, CA 91321.

BACKPACK the wilderness of No. Calif's mountains. Hike, Swim, explore, cook. Small groups (1-7), Boys, Girls, Family, Adults. ACA accredited. One week sessions, $150. Write:
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INTERNATIONAL YOUTH CARAVANS
Co-ed travel camping for teens. Four exciting programs: 1) Surfing, water skiing, skin diving, sailing in Hawaii; 2) Hiking, basic mountaineering in Alps; 3) Bicycling thru Great Britain; 4) Surfing, skin diving and sailing in France. Write: Dr. Robt. Hanson, P.O. Box 15572, San Diego, Ca. 92115, (714) 753-7175.

BOYS & GIRLS 10 thru 16 **GRAYBACK MOUNTAIN RANCH**
Live in Oregon on a cattle ranch teaching riding, training, horse-care. Livestock management. Counseling. Insured protection, great food. Two-week sessions begin June 16. Free brochure; write us: 101 Panther Gulch Rd., Williams, Oregon 97544.

Camps

NAVAJO TRAILS
ROCKY MTN. RANCH CAMP - EST. 1965

• Leadership • Challenge • Learning • Fellowship
JOIN 40 funloving CO-ED youths (ages 9-11 & 12-17) and 12 mature, committed youth leaders in a program emphasizing personal development of useful social, emotional, & physical skills. **SHARE** the responsibilities of ranch living with the usual array of "in-camp" skill-building activities. **ENJOY the** opportunity each Monday brings to be involved in a week-long adventure in one of these "out-of-camp" wilderness programs:
- Horses & Outpost Packing Trips
- Lake Powell Waterskiing & Sports
- Backpacking, Mountaineering, Rockclimbing
- Wilderness Survival & Conservation Training
- Kayaking, River Running, & Float Trips

VARIED, INDIVIDUALIZED program in Utah's High Rockies & Colorful Canyonland aimed at cultivating INITIATIVE & Self-RELIANCE. ACA & WAIC accredited. $120/wk. Director: Don Sampson, Box 8865S, Los Altos, CA 94022 (408) 245-6789 THANK YOU!

OAK CREEK RANCH CAMP in Arizona

A real ranch camp on beautiful Oak Creek in the Verde Valley. Co-ed, ages 7-17. Field trips; horses; fishing on campus; pack trips; farm animals; swimming; ceramics; leather work; guitar lessons; archery; riflery; southwestern travel; many group sports; organic gardening; temperate climate. Campers enjoy excellent facilities of Oak Creek Ranch School. Optional academic work. Catalogue. **David S. Wick, Dir., Box 3391, W. Sedona, Ariz. 86340. Tel (602) 634-4089**

COPPERCREEK 9th Summer — A happy experience for 45 boys and girls, ages 8-15, in a non-structured, family-like atmosphere. Featuring **Horses** (Hunt Seat, Jumping, Stock Saddle), **Swimming, Crafts, Back Packing, Water Skiing, Rock Climbing,** and many more activities, guided by qualified counselors. Located among green pines and lush meadows on 140 acres, near Lake Almanor. Transportation arranged. Sessions June 23-August 31. Brochures. **John Lindskog, Coppercreek Camp, Box 749S, Greenville, Calif., 95947. Ph 916/284-7617. ACA and WAIC Accredited.**

Kennolyn

29th Season. Where the Santa Cruz Mountains meet the Ocean. Many exciting activities. Excellent leadership. $125/week and up. Accredited members of ACA and WAIC. Write for **complete illustrated booklet,** for your girl, boy, or teenager. 8205B Glen Haven Road, Soquel, California 95073. Call (408) 475-1430.

WILDERNESS SURVIVAL SCHOOL
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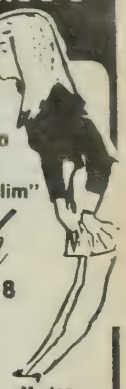
THE SALMON RIVER WILDERNESS CAMPS
For Boys 11-16 **For Girls 11-18**
Separate camps are located in the Idaho Primitive Area on the East Fork of the famed Salmon River. Fully supervised backpacking, fishing, swimming, archery, riflery, and professional horsemanship instruction plus The Salmon River Wilderness Camps courses in wilderness living. We combine fun and adventure with a real wilderness vacation. An N.R.A. affiliate summer camp.
Write: William J. Gillespie, Jr., Director
The Salmon River Wilderness Camps
P.O. Box 2204, Idaho Falls, Idaho 83401

HOLIDAY IN FRENCH **COED 10-14 June-August**
Happy family atmosphere. "Growing up" with manners. San Juan Islands of Puget Sound. Bi-lingual French staff, Institut Francile-Canoe Island Camps, Inc., c/o Warren R. Austin, M.D., 2549 Sycamore Canyon Rd., Santa Barbara, CA 93108. (805) 969-0606.

PACK TRIPS FOR GIRLS Horse Pack Trips into the rugged South Warner Wilderness of Northern Calif. Expertly guided for girls 12 & over. Each girl has own horse for an unforgettable 2 week trip. Riding, fishing & swimming in cool mountain lakes. **For info., schedules & rates write: Don Collis Pack Trips, Alturas, Calif. 96101**

Camps

OVERWEIGHT GIRLS



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and lose the weight you want to
2 Great Camps In California!
"where girls have fun getting slim"

CAMP *Napanoch*
for girls 8 to 18

Put it all together . . . activity-packed Summer with dream-come-true thrill of slimming down . . . in a breathtakingly beautiful setting blessed with fantastic facilities. Never a dull moment . . . all Land and Water Sports, Creative and Cultural Activities; mature, experienced staffs.

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SEPARATE FACILITIES FOR YOUNG ADULT PROGRAM, 17 to 21
Write or call for color brochure.
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(714) 755-9389

ALSO In California! CAMP NAPANOCH for OVERWEIGHT BOYS

CAMP PACIFIC
on the ocean — for boys 7-17

June 30-August 10, three to six weeks of fun, including a varied sports program to suit every boy. Individually planned academic study available in six-week program. Write for catalog. Member ACA and WAIC.

Don Van Peursem
Director
Camp Pacific
Box SU
Carlsbad, CA. 92008
714-729-2385

CARMEL VALLEY TENNIS CAMP
Boys and Girls 9-17

Located on Rancho San Carlos in beautiful Carmel Valley. Playback T.V., 2 pools, modern dorms, 3 week sessions. June 23-Aug. 24. Brochure: Carmel Valley Tennis Camp, Rt. 2, Box 657-S5, Carmel, CA 93921. Phone (408) 624-2737.

Western Association of Independent Camps

An association of camp directors dedicated to "Excellence in Camping" for your child. Résumés of over fifty resident and day camps for your selection.
FREE DIRECTORY — WRITE OR PHONE
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OVERWEIGHT?

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Combine fun-filled camp activities (tennis, swimming, riding, etc.) at one of **America's Finest Quality Slim-Down Camps . . . average weight loss from 20 to 45 lbs!** Enjoy fantastic facilities . . . supervised by qualified nutritionists . . . medically supervised program. Thorough follow-up program. **Camp for girls 8 to 21 yrs. of age . . . Free Brochure, write or call:**

ACA ACCREDITED CAMP

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San Diego, Calif. 92117
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GOLD—ARROW—CAMP

7000' in High Sierra of Calif. on Huntington Lake
BOYS JULY 1-31—
GIRLS & BOYS AUG. 1-31 AGES 7-16

- **Water Skiing**—10 speedboats, top instructors
- **Sailing**—28 sailboats. Finest sailing lakes in West
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- **Staff & Equipment unexcelled in quality and quantity**

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Member ACA WAIC Est. 1933

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Horse Corral Meadows **For boys & girls 8–16**

Unique horseback riding camp on a pioneer working cattle ranch in the High Sierras. A horse for each camper to ride on daily trail rides over unfenced acres. Rustic family living with a junior guest ranch atmosphere. Lots of riding, pack trips, good food, and plain mountain fun. Good horses. Small camp, 9th year. Write for free brochure or call: **10415 Ave. 264, Visalia, CA 93277 (209) 686-3782 or 784-6377**

McCALL'S MANZANITA WILDERNESS CAMP
• Shasta/Trinity, No. Calif. Coed 6-16. 6/9-8/30. 2-weeks or season. Horseback riding—trail, ring, overnights. Backpacking—local, wilderness areas. Riflery, Archery, River Rafting, Fishing, Swimming, Arts/Crafts, Tour Expo '74 Worlds Fair, Spokane. **Blanche McCall, P.O. Box 197, Hyampom, CA 96046.**

SKYLAKE YOSEMITE CAMP **30th "Great" Season on Bass Lake**

75 boys & 75 girls 7-16. Fees: 2 wks. $260; 4 wks. $500. Complete program offers fun, challenge & creativity. 23+ activities, tennis, horses, aquatics. Brochure, John T. Howe, Dir. Box 11163-A, Palo Alto, Ca. 94306. (415) 493-4075.

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Camp for Girls 9-16 29th Season
Sequoia Nat'l Forest, Ca. Elev. 7,350 ft.
We Think Girls Are Somthing Special!

Give her a smog-free, pressure-free, problem-free summer of fun, learning and personal development in the beautiful **High Sierras. Private lake.** Heated pool. **Individual programming** for girls with **many** varied interests. Over 25 camp activities.
FEATURING: Western & English Riding • Water Skiing • Swimming & Water Ballet • Tennis • Pack Trips • Dramatics • Creative Writing • Typing • Photography • Arts & Crafts • Gymnastics • Archery and **More. A Special Place** to discover one's own talents. A mature **qualified staff** provides **one counselor for** every **four** campers. Resident physician & RN. **See our film** "Somewhere There's A Special Place" this spring in your area. Write for film dates and a free brochure. **4 or 8 week** sessions. 6/23-7/20, 7/21-8/18. **ACA & WAIC** accredited.

Dr. Virginia S. Barnes, Director
1485 Redwood Dr., Los Altos, CA 94022
Phone (415) 967-8612

Walton's GRIZZLY LODGE BOYS' CAMP

- **47th Season**
- **Boys 7-15**

HIGH SIERRA north of Lake Tahoe, Portola, Ca. 3, 6, or 9 weeks, June 16-Aug 27 2 weeks, June 23-July 6. Individual Programming geared to the interest and ability of each boy. Daily **Horseback** riding exploring the trails of beautiful Plumas Nat'l Forest. Great adventures and excellent fishing on our campouts and **Pack Trips** to nearby Sierra lakes & streams. Riflery, Archery, Creative **Crafts**—Ceramics, Lapidary, Photography, Fly-tying, Indian Lore, Nature Crafts at Frontier Village, Water sports—**Sailing** (El Toros), **Water Skiing,** Canoeing, Swimming and Trout Fishing on our **14 acre lake.** For **sports enthusiasts**—Football, Softball, Track, Wrestling, Gymnastics. Nightly campfire programs. Mature counselors. For brochure and interview: **Mr. J.S. Stein. Director (2nd generation), 688 So. Henry Ave., San Jose, Ca. 95117. 408/243-1867**

49 Ranch

BOYS - GIRLS 6-14
Near St. Helena just 65 miles north of S.F.
Napa Valley
Summer Fun and Adventure

. . . 726 acre Operating ranch—
Riding! Water Skiing! Sailing, Swimming, Archery, Fishing, Crafts, Campouts! $95.00 per week includes everything. (Scholarships—Integrated.) Begin 6/16 College Counselors, MEMBER ACA. Brochure. Ed Keith, 100 El Camino Real, Burlingame, Calif. 94010 —office 348-7004, days. Open House Sunday May 26.

Kaniksu Boys Camp

For active boys 12-17. On the majestic Pend Oreille in No. Idaho & Wash. July 9-August 19, 2 week min. **Wilderness Trips** Rocky Mtn. back pack & burro hikes, white water kayaking, 100 mile canoe trips, cycle tours in Canada and NW. U.S.A. **Base Camp** Forestry work program for pay, tours of Expo '74, golf, tennis, water skiing, trap shooting, sports & more. Direct air trans. Brochure: **C.A. Schulz, Dir., 578 Kelly Way, Palo Alto, Ca. 94306. Phone 415/493-0942**

SKYLAKE RANCH CAMP 70 boys and girls 7-14 yrs.

HO FOR THE LIFE OF ADVENTURE and genuine childhood fun on secluded forested mountain farm near Yosemite Park. Complete camp program, private lake, daily horseback, swim, nature lore, baby farm animal care, sports, hiking Yosemite. Skilled Educator leadership. FAMILY CAMP weekends. Memorial—Labor Days, Director's 32nd Season. Brochure.

Mr. & Mrs. J. Wendell Howe, Box 308A, Menlo Park, Ca. 94025 (415) 322-8001

NEW PIONEER RANCH Boys & Girls 6-17 June 29 - August 26

Fee $85/wk. Individual program. Pioneer family living. Horseback riding, swimming, farm animals, crafts, fishing, canoeing, archery, fresh air, private lake and creeks. Brochure. **Mr. & Mrs. Robert S. Hooper, P.O. Box 969B, Hayfork, CA 96041 • (916) 628-5196**

CHOLAME CREEK RANCH **Coed age 8-15 Jun, Jul, Aug**

Working cattle ranch near Paso Robles, Ca. Horsemanship, horse science, trail rides, moonlight rides, campouts, wildlife studies, swimming, Enrichment program. Proper supervision. Good food. ACA accredited. Brochure, **P.O. Box 8, Cholame, Ca. 93431**

***A Real* Idaho Ranch VACATION**

Boys & Girls, ages 8 to 16
Authentic horse & cattle ranch
FAMILIES—Real Cattle Drives

Your own saddle horse as long as you stay
Pack trips — Fishing & River Float Trips

Vacation by the Week
Pack-in Fishing

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Like No Other Camping Adventure In The World

NAHELE KAI . . . IN HAWAII

For girls 6–14 years
June 25–July 16 July 16–August 6

An environmental experience in the lush tropics of Hawaii's Island of Kauai . . . . from mountain to sea. **Horseback riding, backpacking** and **trail hiking, swimming, surfing, scuba diving, arts,** education in **Hawaiiana** and the **natural sciences** under skilled leadership and instruction. On 250 acres at base of Kahili Mtn. near Poipu Beach. 3 wks. $375; 6 wks. $690, +4% tax. Brochure. Barbara C. Kermode, Dir., 1561 Kanunu St., Suite #2006, Honolulu, HI 96814 (808) 955-2033.

SNOW MOUNTAIN CAMP
Exploration and adventure in the Historic Sierra Gold Country for Boys & Girls 8-16 •

A healthy summer experience where friendships and fun blend through a wide variety of activity. **Flexible Programming.** Activities include **Waterskiing, Horsemanship, Sailing,** swimming, crafts. **High Sierra Backpacking,** animal care, archery. Mature staff. ACA Accredited. Special Riding and/or Waterskiing clinic. June 23-29 $145.00; *Regular 2 and 3-wk. sessions June 30-Aug. 23, $125.00 wk. Enrollment limited. Write **Ray & Vicki Kalman, 235 Rome Rd., Dept. S, Nevada City, Calif. 95959 (916) 265-4439**

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A wonderful summer adventure for boys and girls 7 thru 12
Outstanding staff-Innovative program
CAMP CAYUCOS, Santa Rita Road
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Four Winds • Westward Ho Adventure on Orcas Isl., Puget Snd. Coed 6-16. Sailing, cruises on 68' schooner, riding, saddle trips, mt. camp, crafts, art, music, land/water sports. 48th year. **Mr./Mrs. J W. Clark, Dirs., Four Winds-Westward Ho, Deer Harbor, Wa. 98243**

ARBUTUS CAMP at LAKE TAHOE
40th year. ACA/CCI accredited. Boys and girls 5-16. Indian village, swim, boat, waterski, sail, outtrip, handicraft, archery, music, Spiritual program. Brochures or personal interview: **Ray Baker, Box 143, Dept. S, San Jose, Calif. 95103, (408) 226-7360.**

SIS-Q RANCH, Fort Jones, CA Co-ed 7-14. Share with us the excitement of summer camping. Riding, river fun & swimming, fishing, crafts, ranch activities, pack trips in Marble Mountain Wilderness & more in the simple warmth of family-styled ranch living. Limit 40. 6/23—8/17 (2-8 weeks). **Tom & Jan Ball, Rt. 1 Box 62-B1, Fort Jones, CA 96032.**

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NEAR LAKE TAHOE BOYS & GIRLS 8-18
at FEATHER RIVER INN PREP SCHOOL in the SIERRAS

Beginner
- Develop proper technique
- Rules and golf etiquette
- Play at 9 hole course
- Supervised practice at driving range

Intermediate
- Instruction commensurate with level of play

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- Beautiful, challenging Graeagle Golf Course
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1-2 Week Session July 14-July 27
Write for Free Brochure:
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Phone: (408) 867-2930

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Wilderness Tours / Idaho, Wash., Alaska, Canada

Coed 15–18. Groups of 10 with 2 staff. Programs allow freedom and choice of movement. 28th year.

- Alaska Adventure — 7 wks. by land, air and sea for young naturalists; climbing, bicycling, backpacking, photography, fishing, Indian culture.
- Mountain Backpacking — 3½ wks. in either the Washington Cascades or the Sawtooth Mountains of Idaho.
- Mackenzie River — 7 wks. for experienced canoeists from the Canadian Northwest Kingdom to the Arctic Ocean; glaciers, Eskimo villages, the great national parks.

Write: A. Mark Mankin, Vagabond Adventures, P.O. Box 414 South Kent, Ct. 06785. 203-927-3814
Also 4 to 7 wk. Colorado ranch, coed 11–17.

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For Boys & Girls 6-16

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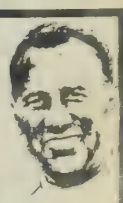

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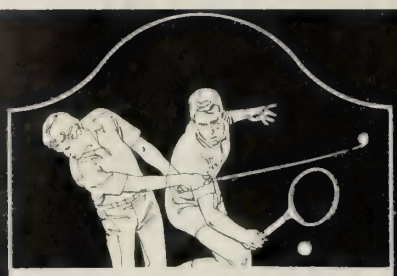

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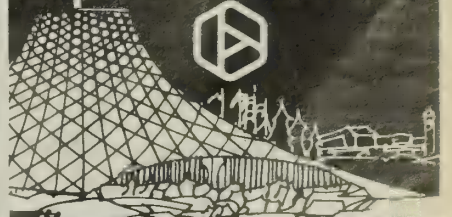

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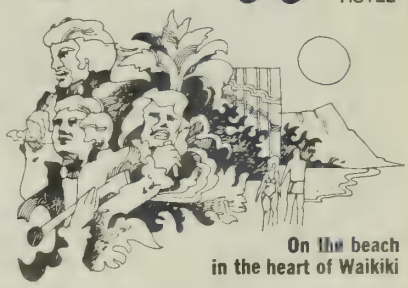

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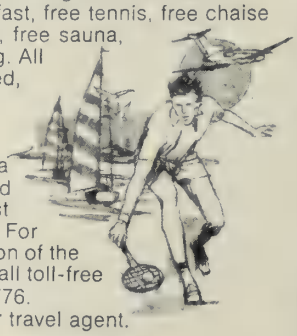

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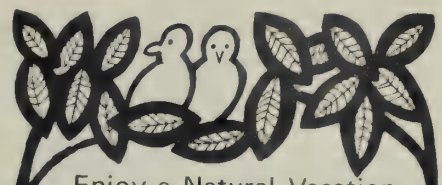

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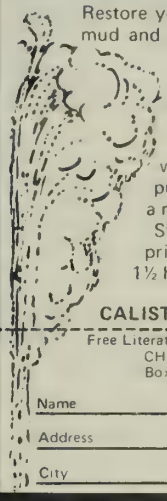

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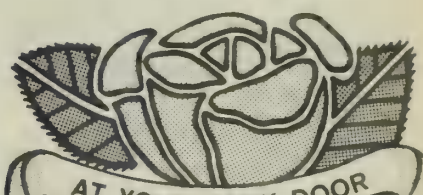

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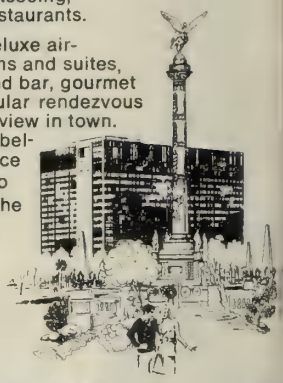

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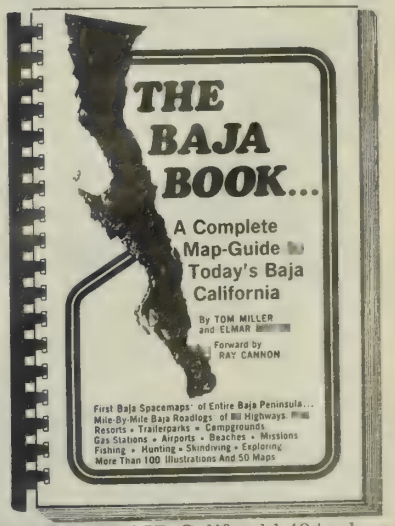

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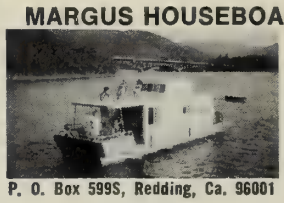

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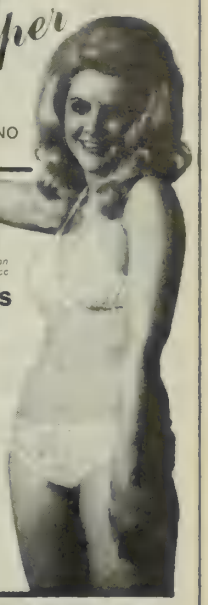

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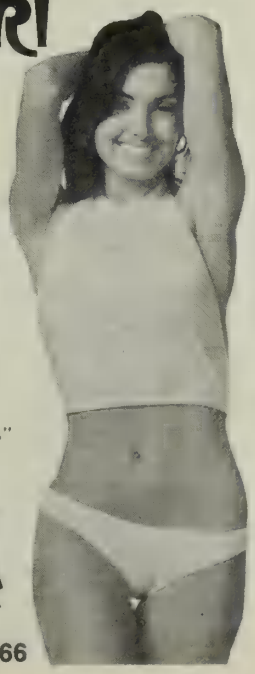

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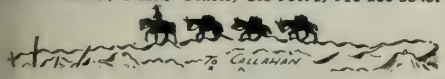

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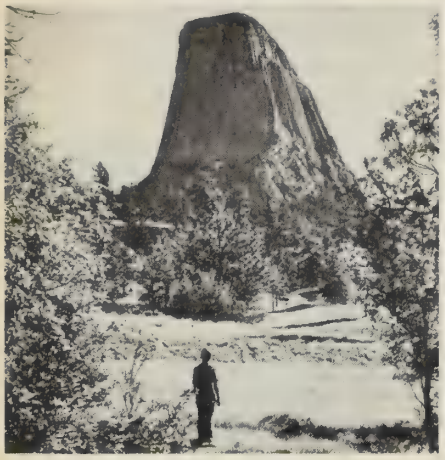

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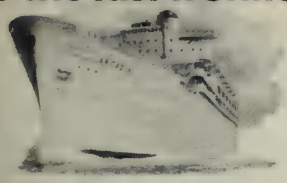

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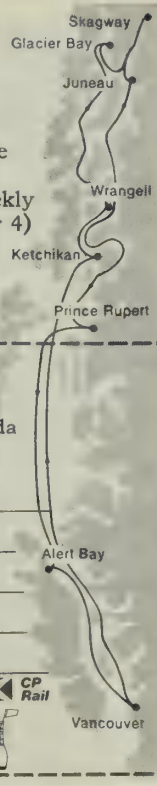

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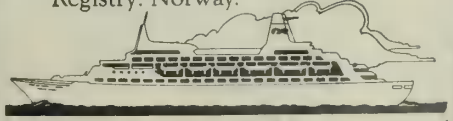

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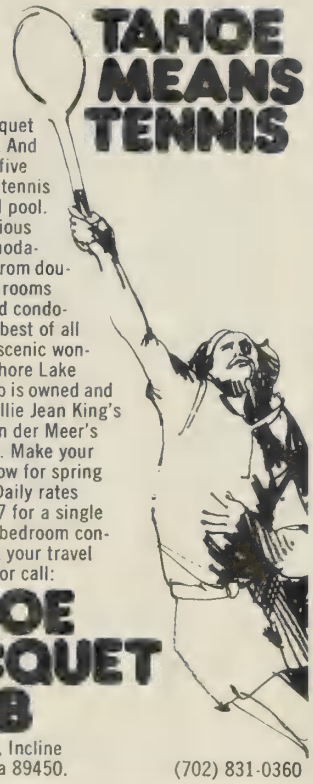

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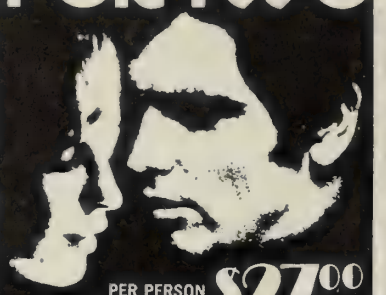

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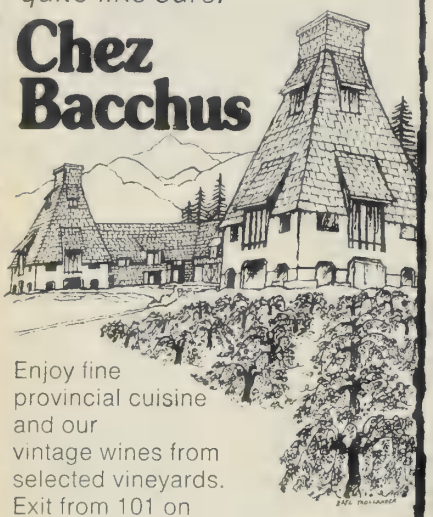

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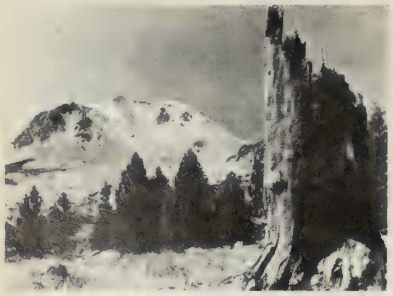

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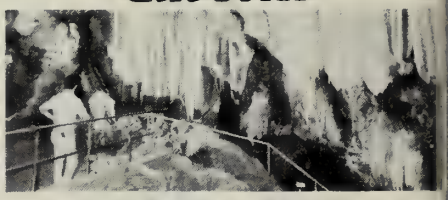

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e **fate** of a natural stream in a resi-itial area is often "channelization"—othering the creek bed with concrete control floodwaters. Neighbors along tree-shaded stream in Sacramento led Chicken Ranch Slough saved part the stream from such "improvements" and gained a new county park.

ich of the creek had already been allowed by ditches and wire fences. t in this one residential area the eam still flowed naturally past a num- of back yards, and the open area t upstream was a haven for more than hundred species of birds and small imals.

on 100 families, organized into the ve Chicken Ranch Slough Association, re circulating a petition to the county partment of Public Works, demanding new look at any further channelization d insisting that future drainage prob-ns be solved in an "esthetic and ological" manner.

the same time they filed an appeal th the county Zoning Board of Adjust-ent to delay construction of a church ar the creek. The church was required the county to prepare for extreme od conditions, which meant building short bypass channel. (This battle was st: The church later built the channel.)

answer to all this activity, county offi-als undertook a survey of most of the eeks in northern Sacramento County. ojections based on the worst flooding ely to occur in the next 100 years dis-osed that most of the remaining etches of natural streambeds and arian habitats could remain unpaved -so long as each neighborhood ob-rves wider setbacks from the streams d accepts occasional minor flooding.

nd, as a result of the neighbors' action, 15-acre area of open fields bordering hicken Ranch Slough has been set aside r a county park. □

The Sunset Travel Directory

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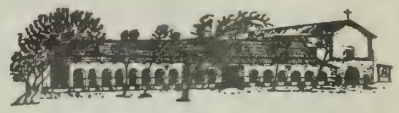

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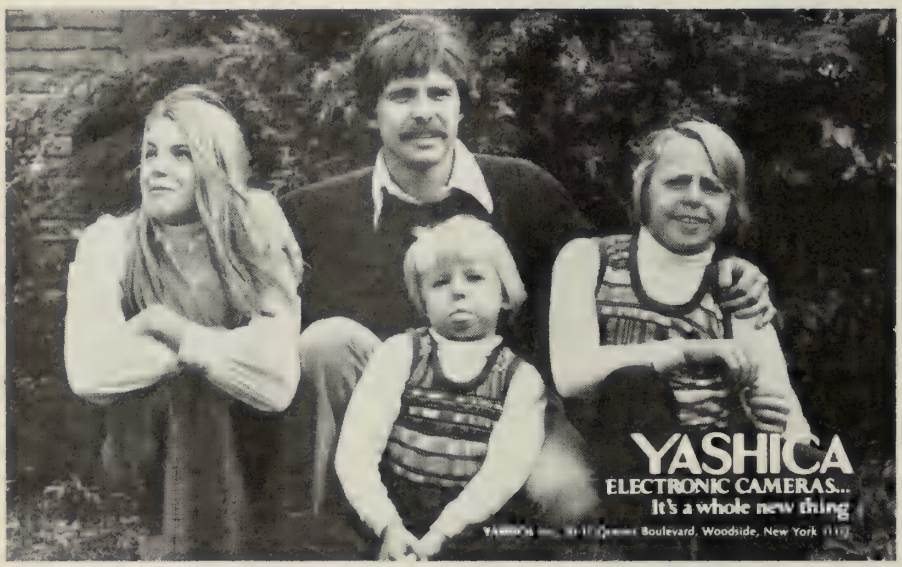

Physical fitness is beautiful, beautiful, beautiful.

Something beautiful is happening to girls. They are not just spectators anymore. They're into Physical Fitness. The results are simply beautiful when parents support the Physical Education programs of their schools.

The President's Council on Physical Fitness & Sports, Washington, D.C., 20201

GERALD R. FRI

New *hiking lands give you a view of San Pablo Reservoir stretching out belo*

East Bay hill lan
. . . opening up

In the eastern hills above San Franc Bay, a huge chunk of watershed lan so large that 22 Golden Gate P could fit into it—is open for recreatio day use for the first time in 50 years.

On April 20, the East Bay Munic Utility District (EBMUD) reversed long-standing off-limits policy opened 9,300 acres around San Pa and Briones reservoirs for public hik and horseback riding. The land borc both Charles Lee Tilden and Brio regional parks.

Later this summer trails through an ditional 12,000 acres of watershed l in the Upper San Leandro Reserv area will be opened. That land borc Chabot, Redwood and Las Tram regional parks.

Altogether 55 miles of trails, mostly paved fire trails winding over hills through virtual wilderness areas, will p mit die-hard hikers to walk from Ri mond to Castro Valley, or from Ber ley to Walnut Creek.

This marks a major step in the uti district's policy towards public use, wh began to soften in 1966. That year of their five reservoirs—Lafayette Chabot—were open to small, non-mot ized boat use.

Last summer their largest reservoir, S Pablo, was opened for fishing, and January for sailing and canoeing. Bo ers may now launch sailboats for $2.

Trail users should remember that deb left on watershed lands will eventua end up in reservoirs—drinking wa for East Bay residents. There are re rooms and litter barrels along the tra

The lands are expected to remain op year-round unless weather conditic force closure. Trail maps are availal free when you buy a $1-per-year hiki permit from any EBMUD business recreation office.

See the Panama Canal from your living room window.

e Royal Vikings ise the Canal all ugh the year, so can see it in the sea- that suits you best. nd although the ama passage is undisputed high nt of these cruises, also show you ch more: the Mexican Riviera; enchanted ports in ntral America; and suntanned islands all across the ibbean.

ou'll see everything beautifully from the all first class *al Viking Star, Royal Viking Sky,* or *Royal Viking Sea.* Norwegian registry. And spirit.

our living room is a spacious, elegant main lounge, n on an upper deck and virtually walled with windows. ir dining room offers the same horizon-to-horizon v, and single seating at every meal. You'll probably n have a view from your stateroom; 94% of our sengers do. Amenities? You'll have a heated pool, superb cuisine, nightly entertainment, and art everywhere. Plus a crew that's very Norwegian in attending the ship, very Continental in attending you.

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OYAL VIKING LINE 3 YEAR-ROUND TRANS-CANAL CRUISES

Economy and value started with Chevrolet a long time ago.

Economy and value were important back in the '20s. They still are.

As this old truck advertisement shows, Chevrolet has been meeting truck buyers' demands for economy and value for a long time. Over the years, as both cars and trucks became popular as recreational vehicles, many buyers chose Chevrolet for the same reasons: economy and value. They made sense 50 years ago. They make even more sense now.

Here's where we stand today.

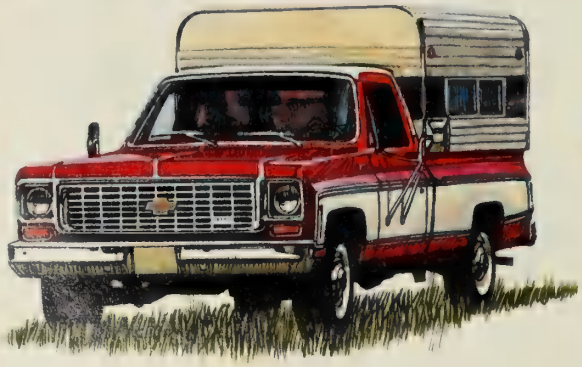
In today's Chevrolet recreational vehicles, economy and value don't begin with purchase price and end with operating costs. They're measured by the value delivered for the dollars you spend. They're indicated by how long a vehicle lasts and by resale value.

And they're reflected by our experience and ability in delivering the kind of car or truck that's right for your family today.

Chevrolet

You don't have to go far to have fun.

Today, it makes a lot of sense to explore recreational areas located closer to home. Every local area has its own special attractions for the outdoor family. And after all, the good times come from the activities after you arrive. Not from how far you have to go to get there. There's really plenty of outdoor fun close at hand.



CHEVROLET MAKES SENSE FOR AMERICA

A. SALBOSA

In sleek modern *outrigger canoe, racers paddle vigorously toward Waikiki Beach finish line. Canvas covering over top of boat helps keep canoe from swamping*

Watching the outriggers race this year in Hawaii

Outrigger canoe racing, a popular Hawaiian sport, has a May-to-November season in the Islands. This year, about 2,000 paddlers belonging to 30 clubs will undergo rigorous daily training and test their skilled teamwork in races off Hawaii's shores. In summer, mainland college students make up some crews.

You can often watch late-afternoon practices: On Oahu at Ala Wai Canal, Ala Moana Beach, Lanikai Beach, Kailua Bay near Kawainui Canal, Maunalua Bay at Hawaii Kai; on Hawaii at Hilo Bay and near Kawaiahae Pier; on Maui near Wahikuli Beach; on Molokai at Kaunakakai; on Kauai at Nawiliwili.

The long, narrow outrigger canoe was devised by early Hawaiians and is thought to be a modification of the Polynesian double-hulled sailing canoe that brought the first people to Hawaii.

Today's six-man racing canoe is carved out of a *koa* log or made of fiberglass. A lightweight float attached to the hull with two booms helps keep the boat from upsetting.

Following is a list of races. Check daily newspapers for details.

May 25: Maalaea to Lahaina race, Maui. *May 26:* Edward Marciel regatta, Kahului, Maui; Windward regatta, Kailua, Oahu.

June 2: Makaha regatta, Oahu. *June 8, 9, 10:* Around Oahu, run in three legs. *June 16:* John D. Kaupiko regatta, Hawaii Kai, Oahu. *June 23:* Edward Kaopuiki regatta, Waimanalo, Oahu; Leeward regatta, Nanakuli Beach, Oahu.

July 4: Daddy Gramberg regatta, Kailua, Oahu; Hilo Bay race, Big Island; Walter J. Macfarlane regatta, Waikiki, Oahu. *July 14:* Pop Waialeale race, Waimanalo, Oahu. *July 20:* Sgt./Maj. Kanakanui regatta, Kaneohe Bay, Oahu. *July 21:* HCRA Oahu Championships, Keehi Lagoon, Oahu.

August 3: HCRA State Championships, Keehi Lagoon, Oahu. *Aug. 10:* Waikiki race, Oahu. *Aug. 25:* Duke Kahanamoku race, Lanikai to Waikiki, Oahu; Hui Wa'a Oahu Championships, Haleiwa, Oahu.

September 1: Hui Wa'a State Championships, Hanalei Bay, Kauai; Queen Liliuokalani race, Hoonaunau to Kailua pier, Big Island. *Sept. 15:* Race of the Strong Paddler, Kahana Bay to Kailua Beach Park, Oahu. *Sept. 29:* Wallace Forsythe Race, Makaha to Waikiki, Oahu.

October 13: Heeia-Kea to Waimanalo race, Oahu. *Oct. 27:* Molokai to Oahu race. □

1973 championships *drew spectators to ocean's edge for start of ½-mile race*

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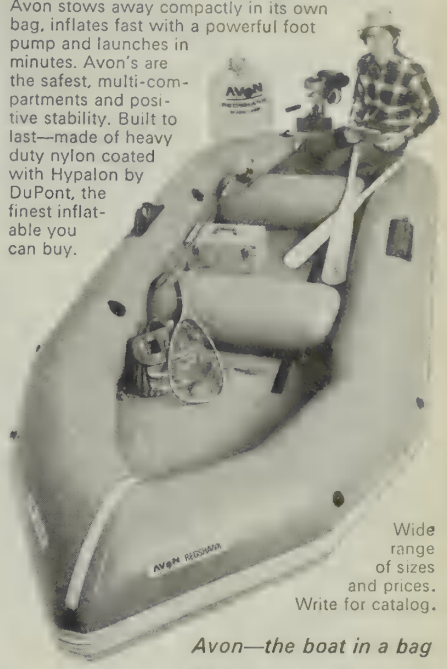

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Suisun City *assistant fire chief uses old-time brass megaphone to clear the way for 1857 hand water pumper*

Dalmatian *and friend enjoy ride on hand-drawn 1909 "waterous" pumper from Fairfield*

Small *1883 Leland pumper, rebuilt by Stanford students, can shoot water as far as 140 feet*

LEE FOST

Six firemen *hoist 65-foot wooden ladder still used in San Francisco*

Spectators *sometimes get almost as wet as the bucket brigade*

The fun at a fireman's muster ... May to August in the Valley and in northern California

iremen during California's gold rush ·a were volunteers, and usually pillars : their community. A proud lot, they ere also fiercely competitive. Compa- ies would race each other to be first to :ach a fire, and each was ever eager to ·ove it could pump water farther and ıster than the next company.

he competition continued even when ıere was no fire to fight. Fire companies ould hold musters to pit their skills ıst for fun.

lthough fire equipment is now mechanized, and few firemen are volunteers, the competitive spirit remains. Nearly a dozen California cities will host old-fashioned fireman's musters this summer. Fire fighters from as many as 90 communities attend, each group bringing its own old fire equipment dating from the early 1800's to the 1940's.

Teams of firemen, who sometimes recruit help from spectators, compete in such events as bucket brigades (it takes about 1 minute for six men to fill a 50 gallon tub from buckets); hose cart races (six men must unravel 200 feet of hose, hook it to a hydrant, and be first to knock down, with water, a target 75 feet away); and pumping contests. It takes a lot of muscle to hand-pump water fast enough to make it spurt some 170 or more feet.

There are also parades, dances, and sometimes a pancake breakfast at the local fire station.

All the musters have free admission. You might like to bring a picnic lunch, or camping gear for the more distant two-day musters.

hildren's delight: *a ride in a 1936 San Francisco water pumper truck*

uture *fireman and dad cheer ı their favorite team at muster*

Catching a leaper *is all in a day's work for firemen*

Where to watch

Here is a calendar of California's musters planned at our press time. Included with each is a telephone number so, as the date approaches, you can confirm that the event will still be held.

May 4, 5. Columbia State Park: beginning Saturday at 1 P.M. and Sunday at 12:30 P.M., continuing through evening both days. (209) 532-4212 or 532-3143, ext. 230.

June 2. Pleasanton: beginning with a pancake breakfast (7 to 11 A.M.) at the firehouse, 4444 Railroad Avenue; parade, contests on streets near the firehouse. (415) 846-3202, ext. 271.

June 8. Chico: at the airport 3 miles north of town on Cohasset Road, late morning through evening; dance Saturday night. (916) 343-4401, ext. 241 or 242, or (916) 342-0741 at night and on weekends.

June 15, 16. Suisun City: on Main Street. Call John Wink, (707) 425-3605, for information.

June 22. Lodi: at the Grape and Wine Festival Grounds, 7 A.M. pancake breakfast to evening, will be followed by dance and bean feed. (209) 369-2737.

June 30. Saratoga: in celebration of the fire department's 50th anniversary; parade at 9:30 A.M. from Harriman Avenue to the firehouse at Saratoga Avenue and State Highway 85; competition at Wildwood Park. (408) 867-9001.

August 3, 4. Vallejo: at the Solano County Fair Grounds, noon to evening, a dance Saturday night. (707) 642-2231.

August 17, 18. Ceres: at Smyrna Park, late morning through evening. (209) 537-5791.

August 25. Mountain View: in celebration of the city's 100th anniversary; exact place unknown at press time. (415) 968-4415.

September 7, 8. Benicia: near the Fire Department at First and L streets. (707) 745-1051. □

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Yours Free!

Hawaii Vacation Dollars — good for valuable discounts — by arrangement with 40 participating Hawaii businesses.

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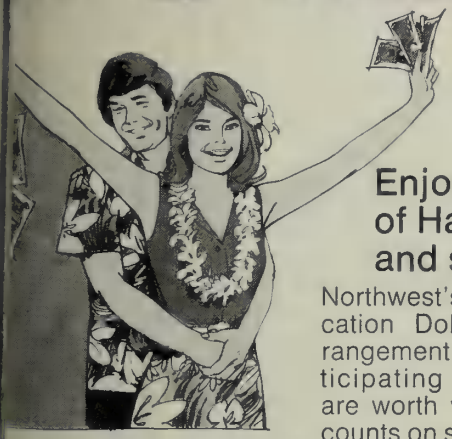

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Northwest's Hawaii Vacation Dollars, by arrangement with 40 participating businesses, are worth valuable discounts on special things see and do on four islands — Oahu, Hawaii, Kauai d Maui.

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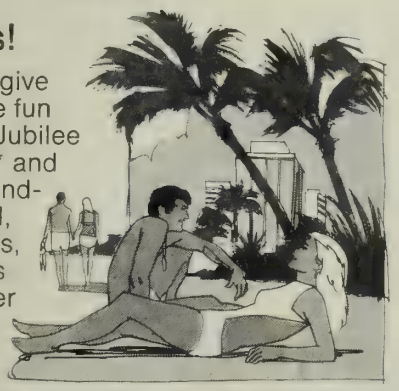

refully-planned to give u more value, more fun your money. Our Jubilee urs start from $285* and e all-inclusive. Round-p 747 air fare, hotel, tel/airport transfers, xes and surcharges e all included. Other awaii vacation ans offer one d multi-week lidays visiting 1, 2, 3 and 4 islands. All tours dart from Los Angeles or San Francisco.

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NORMAN A. PLATE

Raftloads *of river runners row by on the Stanislaus River while others watch from the beach. River indoctrination (left) includes paddling lesson*

Your choice in river runs in northern California

Roaring through a boiling rapid, white knuckled and river drenched, is one of the most exhilarating experiences of any river trip. And in northern California, the few stretches of wild river not yet inundated by artificial reservoirs offer a grand variety of white-water experiences for the whole family.

Although you can canoe, raft, or inner-tube by yourself on many California rivers, there are five major stretches of river in the state on which river outfitters offer day or weekend family float trips: the Klamath and Eel in the north Coast Range, South Fork of the American and Stanislaus in the gold country, and the Tuolumne near Yosemite.

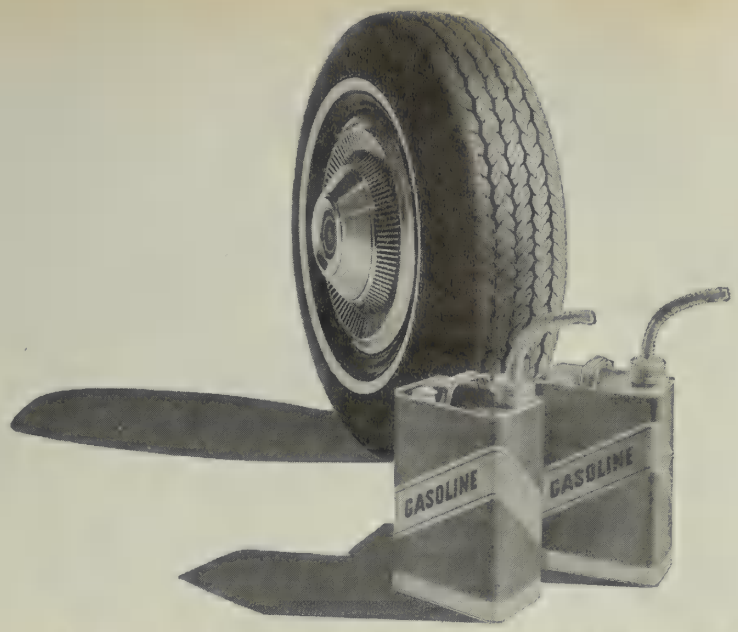
Choosing the right trip for your family may depend on how small your children are. Although each outfitter makes his own rules, general guidelines are that youngsters feel comfortable around water and be old enough to take care of themselves. The Klamath and Eel rivers are the gentlest runs, with minimum ages about 6 years; on the American an Stanislaus, the most popular rivers, min mum age is 8 to 10 years; and on th Tuolumne, by far the most challengin river, about 12 years.

Costs for the trips are fairly unifor among outfitters, averaging between $5 and $60 per person for overnight trip on each river except the Tuolumn which averages about $80. Overnigl trips include all meals, shuttle transpo tation and some equipment. Prices fc day trips range from about $20 to $4 per person depending on the number c meals and other services. Prices for mic week trips are usually about 10 per cer less than for weekend trips; fares fc children under 12 years are usuall about 10 per cent less.

Most outfitters running California river are members of the Pacific River Outfi ters Association, whose members are 1 companies that three years ago forme a self-regulatory organization designe to limit their commercial use of th Stanislaus River. This is an attempt t control pollution and visitor impact o this popular river. For a list of member their addresses and phone numbers, an a schedule of rivers run, write to Pacifi River Outfitters Association, 2424 Rus sell St., Berkeley, California 94705.

The P.R.O.A., along with conservatio groups, is working with the Friends c the River (Box 2971, Oakland 94618) t place an initiative on California's Nc vember ballot to include portions of th Stanislaus in the state's Wild and Sceni Rivers System. This designation woul protect these sections from the propose New Melones Dam to be built by th Army Corps of Engineers on the uppe Stanislaus. To get the issue on the ballo 325,000 signatures are needed by Ma 26. Write to the Friends of the Rive for more information.

Bowman *keeps paddling through foam in American River's Lost Hat Rapid*



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When we matched our Steel Radial 500™ against our own belted bias tire, the Steel Radial 500 proved it could deliver up to 30 extra miles of highway driving from a fillup. Ask your Firestone Dealer or Store for the complete test data. It'll show you how to put extra trips into every tankful of gas you buy.

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Firestone is so sure of its Steel Radial 500, that you can buy a set and drive them for seven days, and get every cent back if there's anything about them you don't like. Do you know of anyone else with that kind of a promise built into a radial tire?

Firestone Steel Radial 500. The only radial that's got it all. Only from Firestone.

Firestone
Steel Radial 500
The Gas Saver

As Westerners gear up for more and longer bicycle trips this summer (see page 78), many Bay Area residents are finding one of the best rides right at their doorstep: a sometimes spectacular 25-mile run from the San Francisco waterfront across the Golden Gate Bridge to Tiburon, with a scenic return by ferry. (For a shorter ride, you can take a ferry back from Sausalito.)

Most of the ride is clearly marked with green-and-white bike route signs; our directions will help you get around a few confusing parts. You shouldn't need a 10-speed—there are only a few uphill hauls. You should set aside a full day for the ride so you'll have time to enjoy the attractions along the way.

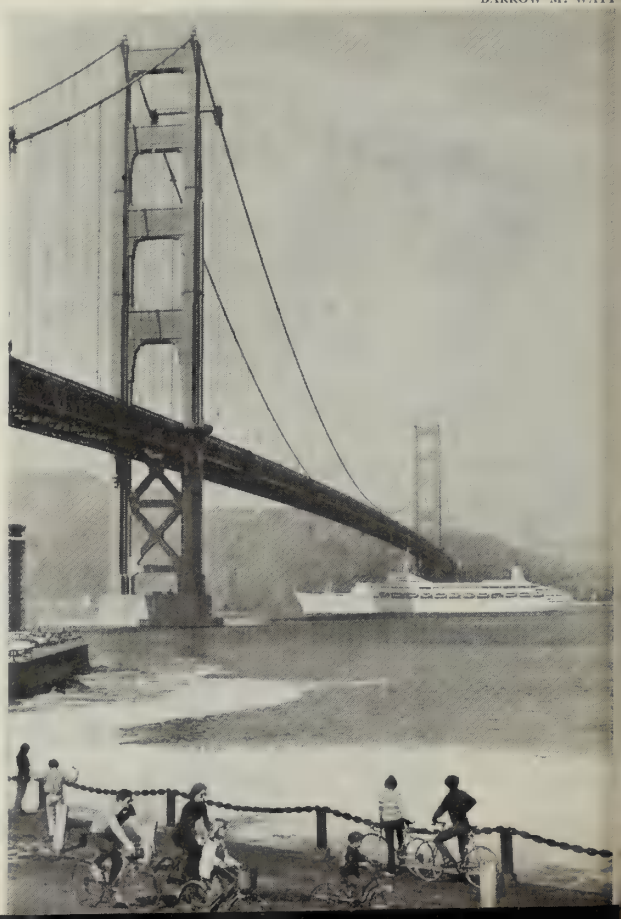
The best place to park your car along the Embarcadero is near Pier 41 (the ferry back from Tiburon docks here; the Sausalito ferry dock is a mile south at the Ferry Building).

The formal bike route starts on Beach Street, two blocks up from the pier. Beach passes the Cannery (there's often music in the plaza), the San Francisco Wine Museum, Ghirardelli Square, and the Maritime Museum.

Past Ghirardelli Square, signs direct you left onto Polk Street to begin a roundabout ride to the Palace of Fine Arts; the route is designed to keep you away

One-day bike trip over the Golden Gate and back by ferry

S.S. Canberra *glides under bridge, through Golden Gate on globe-circling cruise as cyclists watch from Fort Point seawall*
DARROW M. WATT



Boy meets crab *at Fisherman's Wharf. Bikers can picnic-shop here*

To every West Coast Mom and Dad.

United dedicates the family side of Friendship Service.

We always try to board families first, and seat you together. Just a part of the family side of Friendship Service.

Another reason more people choose the friendly skies than any other airline in the land.

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Apollo Reservations. With one phone call, you'll have instant information on any of over 1,300 daily flights to 113 cities across your land.

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Kid's stuff. We have special meals and games for the kids because...well, we like kids. Just order the meals when you make your reservations.

Big Friend Ships. We fly more roomy 747's and DC-10's from the West Coast to more hometowns than any other airline.

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Look what United's done for the Little Grass Shack.

We've spruced it up a little.

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Your very own place. With the privacy and tranquillity of the Little Grass Shack, minus leaky roof and dirt floor.

Your condominium can be close to things like golf, beaches, shopping, and entertainment. Or completely away from things. There are all sorts of locations to choose from.

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Just choose your favorite island. Then choose your favorite person. And fly away to Privacy in Paradise.

In the friendly skies.

The friendly skies of your land.
United Air Lines

DARROW M. WATT

Serene lagoon *at Palace of Fine Arts is a rest stop before continuing to Marin County. You can relax on benches, feed waterfowl*

Soaring symmetry *of Golden Gate Bridge dwarfs riders at trip's high point. They'll circle under north end of bridge to reach Fort Baker, Sausalito*

from heavy auto traffic.

Don't circle behind the Palace to continue; you take a two-block detour to the Marina. Go left on Baker Street, right on Francisco Street, left on Lyon Street, and right on Lombard Street into the Presidio. There are no bike route signs here; you follow Lombard onto Presidio Boulevard, then turn onto Lincoln Boulevard clear through to the Golden Gate Bridge parking lot. You mix with auto traffic all the way; parts of the Presidio ride are uphill. You can detour down Long Avenue to Fort Point.

On weekdays you ride across the bridge on the east walkway; on weekends and holidays you cross under the bridge to the west walkway. There are restrooms outside the circular office above the south parking lot, and at the north end of the bridge for weekday users; there are no handy restrooms for the rest of the ride unless you stop in a restaurant along the way.

At the north end you'll loop down under the bridge and take a steep uphill ride through Fort Baker to join Alexander Avenue entering Sausalito; auto traffic here can be a hazard. In town, you can jog right off Bridgeway onto El Portal (the ferry dock is here) to ride through the parking lot along the yacht harbor.

Opposite Easterby Street north of town, you can turn right off Bridgeway to see the Corps of Engineers Bay and Delta Model, open weekdays and the first and third Saturdays of each month from 9 A.M. to 4 P.M. Stay on this frontage until it rejoins Bridgeway; ½ mile later you'll turn onto Marin County's exclusive bike path, separated from the highway by railroad tracks and a link fence. The path follows the marshes of Richardson

Toyota introduces the all-new '74 Corona. Now big car owners have something to turn to.

The Corona was redesigned to be solid, roomy and comfortable. So now big car owners have something to turn to.

We re-engineered the '74 Corona and gave it a big car feel. With a longer wheelbase. Steel unit body construction. Steel beams in the doors. Steel-reinforced fenders.

We made it comfortable. With more head and shoulder room than before. And powerful enough to handle freeways, even with options like air conditioning.

In a test conducted by Nationwide Consumer Testing Institute, people gave up their big cars to drive Coronas for three weeks. Around town. On the freeways. The way they normally drive.

And whatever big car *you* drive—coupe, hardtop, 4-door or wagon—we can match it with a Corona.

The logical replacement for your big car? See what you think.

At your Toyota dealer.

In a 3-week test conducted by Nationwide Consumer Testing Institute, Dr. John C. Fletcher and 39 other big car drivers gave up their big cars for all-new Toyota Coronas. Dr. Fletcher's opinion? "... I'm favorably impressed and didn't expect to be ... I can't think of any time when we said 'I wish we had the big car.'"

TOYOTA

Small car specialists for 40 years.

Come feel the warmth of our climate.
And our people.

Come hear the sound of our surf breaking on 70 miles of beaches.

Come touch a porpoise at Sea World. Or pet an elephant at our famous zoo.

Come see colorful Mexico—just 20 minutes near.

Come smell a desert wild flower.

Come taste the food in some of the finest restaurants around.

In short, come experience San Diego. It's a vacation for all of your senses.

Come feel the warmth of

For more information on low-cost San Diego vacations, contact your travel agent or write: San Diego Convention & Visitors Bureau, Dept. S-5 1200 3rd Ave., San Diego, CA. 92101.

Bay, crossing under U.S. Highway 101 to Almonte Avenue, where you follow a bike lane along the roadway onto Miller Avenue and into Mill Valley.

To get to Tiburon, turn right on Camino Alto (there's a paved path here), then right onto East Blithedale. You should walk your bikes across the left-hand side of the narrow overpass above U.S. 101.

Once across, you follow Tiburon Boulevard to Glenwood Beach Road, a frontage road without fast auto traffic. This road ends at the beginning of Tiburon's great 2-mile paved bike path which speeds you toward town along the shore of Richardson Bay. (The jewel-like Victorian Lyford-Dickey House and the National Audubon Society's Richardson Bay Wildlife Sanctuary are on Glenwood Beach Road; the grounds are open daily except Sunday and Tuesday.)

The Tiburon ferry dock is behind the Windjammer Restaurant at Tiburon Boulevard and Main Street. The ferry leaves for Fisherman's Wharf on weekends and holidays only, at 1, 2:50, 4:20, and 6 P.M.; from June 3 through September 2 it will have daily service, but the last weekday departure will be 4:30 P.M. One-way fare is $2 for adults, $1 for children from 5 through 11, plus 50 cents per bike. Don't count on catching the last ferry; if its bike racks are full you can't get on, and you can't bike back over the Golden Gate Bridge after dark.

DARROW M. WATT

Cyclists *board Sausalito ferry for trip back to San Francisco. You can bike farther to Tiburon, catch another ferry there*

The Golden Gate Ferry leaves Sausalito for the Ferry Building several times daily; the last boat leaves at 7:30 P.M. on weekdays, 7:45 P.M. on weekends and holidays. Fare is 75 cents for adults, 25 cents for children 6 through 12; there's no charge for bikes

East Bay residents can enjoy this trip without driving across the Bay Bridge; AC Transit's "Pedal Hopper" bike-carrying bus makes frequent bay crossings on weekends and holidays to the Transbay Terminal at First and Mission streets, just a few blocks from the Ferry Building. Phone 653-3535 for information on schedules and stops. □

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SOUND MOVIES YOU MAKE YOURSELF

When it comes to kids and keeping them kids long after they've grown and gone, there's never been anything quite like The Talkies.

The Talkies are sound movies you make yourself with the Kodak Ektasound movie camera. You get it all—sight, sound, color, movement—in one compact cartridge that drops into a convenient, easy-to-operate camera. The sound, like the picture, is recorded right on the film.

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You can see the Kodak Ektasound movie cameras and projectors at your photo dealer's now. Cameras start at less than $190; projectors at less than $235. For crying, laughing, anything out loud, it's The Talkies.

Prices subject to change without notice

KODAK EKTASOUND
MOVIE CAMERAS AND PROJECTORS

See your photo dealer for

GERALD R. FREDRICK

Dinner, *a highlight of Sierra Supper Chief trip, is prepared and served by college students who often enjoy themselves as much as the passengers*

The dinner trains from Jamestown

Classic *steam engine, a Baldwin built in 1922, warms up for its Saturday-night, 82-mile haul*

A popular double bill—steam train rides and home-cooked dinners—begins its fourth summer season this month at Jamestown, on the Mother Lode Highway (State 49) 4 miles southeast of Sonora.

The *Sierra Supper Chief* will leave for Oakdale at 5:15 P.M. and return at 10:45 every Saturday in May (the last three are already booked), June, September, and the first two Saturdays in October. Dinner includes steak or chicken cordon bleu or homemade ravioli. Tickets cost $15.95 if steak is served, otherwise $12.95.

The *Twilight Limited* will leave for Cooperstown at 5:15 P.M. and return at 8:15 P.M. for a barbecued beef dinner in the Jamestown Park Green every Saturday in July and August. Tickets: $9.95 for adults; $6.95, children under 12.

It's not too soon to book even for fall trips. Send checks or money orders and first and second choices of date to Great Western Tours, 639 Market St., San Francisco 94105; or Sierra Railroad Company, 781 South Washington St., Sonora, Calif. 95370.

If you don't stay overnight, bus tours ($10) from San Francisco and Oakland can return you the same night. Write Great Western Tours, or telephone (415) 398-2994. □

Open-air cars *let passengers smell as well as see the rural Mother Lode country*

The Fine Line of
Be Purchased at the

ALAMEDA—Pagano's Hardware Mart, 1100 Lincoln Ave.

ALAMO—Kemp Hardware, 195 Market Plaza

ANTIOCH—Silvera Lumber Co., 223 Railroad Ave.

APTOS—The Firehouse of Aptos, 102 Rancho del Mar Center

AUBURN—Tahoe Van Gas, 206 Palm Ave.

CAMPBELL—Kirkwood Hardware, 1600 West Campbell Ave.
Pool Patio 'n Things, 1901 So. Bascom Ave. (The Pruneyard)

CARMEL—Brinton's Hardware, 546 Carmel Rancho Center

CASTRO VALLEY—Cascade Pool Center, 2731 Castro Valley Blvd.

CHICO—J & J Electric, 1465 Mangrove

CONCORD—Ace Hardware, 4476 Treat Lane
Custom Fireplace Shop, 3482 Clayton Road
J. C. Penney, 484 Sun Valley Mall

DAVIS—Butler Landscaping & Nursery, Rt. 1, Box 2155 (Road 97)

DUBLIN—Acme Casual Furniture, 6891 Parkway

EL CERRITO—Adachi Florist & Nursery, 11929 San Pablo Ave.

EL SOBRANTE—Adachi Florist & Nursery 5166 Sobrante Ave.

ESCALON—Turners, 1802 Main St.

FAIRFIELD—Leisure Life Pool & Patio, Interstate 80 & Rockville Rd.

FREMONT—Dale Hardware, 110 Center Square

FRESNO—Clark's Fireplace Equipment, 1102 East Belmont

HAYWARD—La Bella's Pool Service, 22331 Meekland Ave.

LAFAYETTE—Carol Pool Service, 3463 Golden Gate Way
Diamond K Supply Co., 3671 Mt. Diablo Blvd.
Orchard Nursery & Florist, 4010 Mt. Diablo Blvd.

LIVERMORE—Atom Furniture & Appliance, 2491 First St.

LODI—Turner's, 112 South School St.

LOS ALTOS—Excel Pool Service, Inc., 955 Fremont Ave.
The Tree Farm, 4434 El Camino Real

MANTECA—Turner's, 115 West Yosemite

MERCED—Stribling's Nurseries, Inc., 1620 West 16th

MILLBRAE—Millbrae Furniture & Appliance, 1781 El Camino Real

MODESTO—Crystal Pools, 1029 Oakdale Road
Turner's, 904 "H" St.
Turner's, 1700 McHenry
Turner's, 2021 Yosemite
Vecco Enterprises, 1104 Scenic Drive

MOUNTAIN VIEW—Hubbard & Johnson, El Camino & El Monte

NAPA—Clark's Fireplace & Patio, 1031 W. Salvador Ave.
Home Improvement Center, 1829 Lincoln Ave.

Charmglow Grills May Following California Dealers

OAKDALE—Turner's, 140 N. 2nd Ave.

OAKLAND—A.G.E. Store, 400 Hegenberger Rd.

PALO ALTO—Hubbard & Johnson, 795 El Camino Real
Mackall's Appliance, Inc., 249 California Ave.

PETALUMA—McPhail's, 1000 Lakeville St.

PITTSBURG—Crane Plumbing-Sheet Metal, Inc., 554 West 10th Street

PLEASANT HILL—John Breuner Company, 3250 Buskirk

REDWOOD CITY—Argilla & Boscacci, 560 El Camino Real

RHEEM—Kemp Hardware, 444 Rheem Center

ROSEVILLE—Roseville Square Hardware, 435 Roseville Square

SACRAMENTO—Aquarius Pool & Patio, 3450 El Camino Ave.
Custom Fireside Shop, 5545 Auburn Blvd.
Montgomery Ward, Sunrise Shopping Center, Citrus Heights
Pacific Pools, Inc., 2225 Hurley Way

SALINAS—Hayward Lumber, 429 Front Street
Val's Plumbing, 413 Front Street

SAN CARLOS—Kelly-Moore Home Improvement Center, 915 Old County Road

SAN FRANCISCO—Coast Marine & Industrial Supply, 398 Jefferson St.

SAN JOSE—Bunny Ribbs Plumbing & Heating, 2261 Alum Rock Ave.
Gass Specialties, 2423 Forest Ave.
House of Gas, 1361 Saratoga/Sunnyvale Rd.
Hubbard & Johnson, 1000 Blossom Hill Rd.
Montgomery Ward, Oak Ridge Shopping Center

SAN LEANDRO—Hansen's Garden Supplies, 1057 MacArthur Blvd.

SAN MATEO—Wisnom's Hardware, 125 South Ellsworth

SAN RAFAEL—McPhail's, 917 "C" Street
Pool & Patio of Marin, 536 Irwin St.

SANTA CLARA—Grandview Hardware, 3024 El Camino Real
Sun Fun Shop, 2245 El Camino Real

SANTA ROSA—McPhail's, Mendocino & 7th

SCOTTS VALLEY—The Firehouse of Scotts Valley, #4 Camp Evers Lane

STOCKTON—Custom Fireside Shop, 2306 B, West Alpine
Stark Enterprises, 4124 West Lane
Turner's, 607 East Weber

SUNNYVALE—Benson California Barbecues, 950 E. El Camino Real

TURLOCK—Souza's, 199 West Canal Drive & Hwy. 99
Turner's, 5 E. Main St.

VALLEJO—Ace Hardware, 1131 Tennessee St.

WALNUT CREEK—Bullock's, Broadway Plaza
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It replaces indoor cooking! Spend more time outdoors this summer with a Charmglow gas grill. Instead of cooking *in*, you can cook *out*. Just as conveniently. And just about anything, even full dinners! A Charmglow gas grill is ready to cook in minutes. No lighter fluids, no ashes, no waiting. Gas reaches cooking temperature fast, keeps the exact heat you want. Gas uses less of our country's energy, too. And you get great outdoor taste with a Charmglow gas grill. For single, double or portable gas grills see your dealer. Or write Charmglow Products, Box 329, Antioch, Ill. 60002. Use gas wisely. It's clean energy for today and tomorrow.

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S-5A

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GREYHOUND Vacation Tours

Chef adds *handful of noodles (mee) to wok in his stall at Singapore carpark restaurant*

Eating in the food stalls . . . in Singapore and Malaysia

As dusk falls over Malaysia and Singapore, and the business day gradually draws to a close, clusters of tiny portable food stalls begin to appear in the larger cities and towns of the Malay Peninsula.

One by one, these small family businesses on wheels roll into place, complete with charcoal cookers, woks or grills, baskets of fresh produce, meats, and noodles, and stacks of folding tables and chairs. In the cities, these stalls congregate in market places, along public esplanades, and in empty lots along major streets—an area that is a parking lot during the day can be transformed by evening into a farmers' market offering a sampling of Malay, Chinese, Indian, and other Southeast Asian foods. Prices are low, portions are small, surroundings are clean, and the food is good and freshly cooked.

When you first venture into one of these food fairs you might be bewildered by the many restaurant signs, the crowd of young waiters at your feet, and the ordering procedure. Each stall displays a sign which advertises its specialties; the sign is usually written in Chinese and Malay, and often in English.

You can make up your own menu by choosing dishes from each individual restaurant, or tell the group of waiters around your table what you want and the appropriate waiter from each stall will take your order. Then simply wait at your table or watch the cook quickly and deftly prepare the dish in front of you. After your meal you pay each waiter for the dish he brought. A full dinner should cost about $1 per person.

Be adventurous when ordering: the food is exciting and inexpensive. You will find many of the Southeast Asian dishes spicy and hot. If you're sensitive to chiles, try ordering more mildly seasoned Chinese food. Sometimes the name of the dish will indicate whether it's Chinese; if it is called Hokkien or Hainanese, it refers to a style of cooking from these particular regions in China.

One of the most popular foods sold at stalls is *satay*. Small bits of beef, mutton, chicken, and sometimes pork (only Chinese stalls serve pork), are skewered, barbecued, and served with a sweet-hot peanut sauce to dip into. After ordering, you will be brought a platter of satay, a bowl of peanut sauce, a plate of marinated cucumbers with onions, and often cubes of rice packaged in a woven banana-leaf basket. Eat as many of the satay as you want and when you're done, call the waiter and he will count the number of empty skewers to determine the price. Each satay costs about 15 to 20 Singapore or Malaysian cents (6 to 8 U.S. cents).

Stalls sell many kinds of noodles. Among

Wielding *chopsticks like pros, Western family samples main course of prawn mee*

This is the island you'll hate to leave the most.

Why?

Because there's more to do on our floating island than many of the islands we visit.

There's bathing by the beautiful seaside in a refreshing salt water pool. Shopping in a duty-free arcade for some of the best bargains in the Caribbean. Almost an acre of sundeck. For golf. Shuffleboard. Basketball. Etc.

And if the salt air whets your whistle, we have the top bar in the Caribbean: the Viking Crown Lounge, 10 stories above the sea.

If you'd like to enjoy the wine, the food and the music of our islands, pick a Saturday, board a chartered World Airways 747 in either Los Angeles or San Francisco and you'll be on your way.

You'll see San Juan, St. Thomas, Curaçao, Martinique, Port Antonio, Caracas, Aruba and Port-au-Prince if you take an island we call Nordic Prince.

If you choose Sun Viking, you'll see Grenada, Guadeloupe, Barbados, Caracas, Curaçao, St. Thomas, Port-au-Prince and San Juan.

A choice of two, two-week island ventures from $800 to $1,310,* from Los Angeles. (Add $30 from San Francisco).

If you only have one week, take the Song of Norway. To Nassau, San Juan and St. Thomas. From $475 to $745,* from Los Angeles. (Add $30 from San Francisco).

Our air/sea vacation prices include round-trip jet fare to Miami. All taxes. And ground transfers in Miami.

It's quite a value.

Which is probably why last year more air/sea passengers sailed with us to the Caribbean than anyone else around.

See your travel agent. Or send us this coupon today.

We expect the most popular islands in the Caribbean to be even more popular in '74.

Mail today: I want to take an air/sea cruise to the most popular islands in the Caribbean. Please send me your free 28 page color brochure.

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*Rates based on double occupancy of a stateroom [illegible] effective June 15, 1974 and include fuel oil surcharge. All accommodations subject to prior sale.

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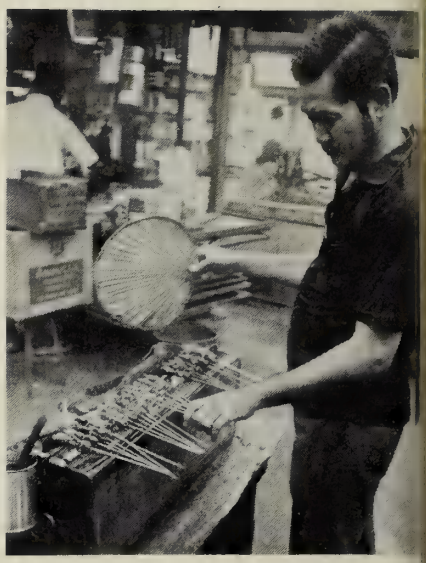
PHOTO TAKEN ON THE 7TH AND 8TH FAIRWAYS OF THE ROYAL KAANAPALI GOLF COURSE BETWEEN MAUI ELDORADO RESORT AND OUR PRIVATE BEACH CABANA.

the most popular are egg noodles, tl rice noodles, and wide flat rice noodl They are fried with meat and vegetab (*mee goreng*), served with gravy (*m rebus*), and included in many soups.

Rice dishes abound in Malaysia a Singapore. Malaysian fried rice (*n goreng*), Indian buttered rice w chicken or mutton stew (*nasi beriar* Chinese steamed rice with boiled chick and chili sauce (*nasi ayam*), and thi Chinese rice soup with bits of meat (ri porridge) are some of the most typical.

Some other interesting specialties y might like to try include Vietname crêpes filled with meat or seafood, veg tables, and bean sauce (*popia*), Indi breads (*roti, chapati, paratha, mur bak*), steamed Chinese filled buns (*b* or *pau*), and Malaysian salad with swe spicy-hot peanut dressing (*rojak*).



The "satay man" *fans coals with one hand, turns skewers with the other*

Popular food stall restaurants in Sing pore include the Satay Club on the E planade, Hokkien Street in Chinatow People's Park shopping center, and t Orchard Road Carpark. In Kuala Lur pur, look for them at Jalan Petaling Chinatown, at the more permanent Pe ple's Restaurant near City Hall (brea fast and lunch only), at the Bintang Jalan Bukit Bintang near the Feder Hotel, on Jalan Brickfields near Li Cinema, and adjacent to the Campb Road shopping center. In Penang you find food stalls tucked between the Go ernment House and the waterfront; Melaka there are permanent stalls alo the waterfront on Bandar Hilir Stree

In many towns you can combine foo stall dining and shopping at Pas Malam, which means evening market. happens every night at a different loc tion. For locations at Pasar Malam other food stalls, check with your hot or the local tourist office.

Introducing Voyager.

For some, there's the station agon. For some, the common van. nd now, for others, there's something ore. The Voyager.

For openers, Voyager holds anything a standard-size station wagon can hold and a whole lot more, like half a neighborhood on its way to school.

There's an optional seating arrangement for 15 people. The most the competition from Ford and Chevrolet can seat is 12.

There's more. Every Voyager is built to last with Chrysler Corporation engineering features. Such as an Electronic Ignition System that means more miles between ignition tune-ups than conventional systems.

The Voyager has a tighter turning diameter and a bigger fuel tank than Ford or Chevrolet.

It handles as easily as a full-size station wagon.

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The new Plymouth Voyager. It gives you more to look into. Now at your Plymouth Dealer's.

CHRYSLER

Plymouth

Extra care in engineering . . . it makes a difference.

The new Plymouth wagon.

Summer in Idaho's Sun Valley

There's fishing, kayaking, bicycling, riding, skating. On one fortunate night there's even a Basque country festival

Vacationers *learn ice skating (above), dry flycasting in Wood River (left), kayaking (below), from watchful tutors*

Modern bell tower *overlooks central plaza of Elkhorn. New rental-condominium center shares all of Sun Valley's guest facilities*

DON NORMARK

One result of the gasoline shortage renewed appreciation for the advantage of the self-contained resort—like Su Valley in southern Idaho.

Quite apart from its recent rejuvenatio as a winter playground, Sun Valley ha taken on a new summer identity as recreation-oriented family vacation cer ter. Instruction is available in numerou sports, and a new Center for Arts an Humanities offers learning opportunitie in arts and crafts.

The snow is gone from the rolling hill Gone, too, are the hordes of skiers an the celebrity-studded glitter of the wi ter scene. Summertime Sun Valley surprisingly small and almost rural.

Once you're there you don't need a ca You can get around handily by bu horse, or bike. A 1-mile bike path co nects the resort with the tiny but rousin restaurant and night-life center c Ketchum; there are bike lanes and wid roads elsewhere. (Bike rental costs $ per hour; there are special rates fc

(Continued on page 59

The Greyhound Ameripass may just be the American dream.

Most of us dream about well-deserved vacations, don't we?

Well, during these days of gasoline shortages and fuel cutbacks, vacation dreams are a little uncertain for some of us. Right?

Listen. Greyhound's Ameripass can make dreams come true for a lot of Americans this year.

The Ameripass lets you travel almost anywhere you'd like to go in America. Canada too. You set your own schedules. Go where you like. See what you want. Stay as long as you like.

The Ameripass is also good for special discounts on hotels, meals, sightseeing, and other good things as you travel.

The Ameripass costs only $165 for one month of unlimited travel. $220 for two full months.

The Greyhound Ameripass. Who says dreams don't come true?

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And Coleman cat heaters. Warmth you can count on. Because they put out exactly the amount of heat promised.

When you're talking gasoline, nobody has more experience . . . Coleman's been in the business for over 70 years.

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Gasoline or Propane . . . Coleman makes the products

Propane?

is Coleman.

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And Coleman's exclusive regulator assures constant fuel pressure, at any fuel level. There's no pressure buildup in hoses. No wasted fuel.

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Bottle lanterns with built-in regulator. To put exactly the level of light you want at your fingertips.

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When you're after good reasons to make propane your fuel, start with Coleman.

you can depend on. Ask someone who has one. Coleman

The Other Pickup– a wider track than any pickup on the road.

This '74 INTERNATIONAL® grips the ground like a quarterhorse.

Up front the stance is wider, with the extra stability of new independent coil spring suspension, to make it ride like a car.

In back, the leaf springs are now underslung for a lower center of gravity, and the shocks are staggered to reduce "wheel hop" to make it work like a truck.

The Other Pickup is the widest-riding pickup you can buy, and you'll really appreciate the difference on the highway, or when you're angling up a hill in rough country.

Almost everything about it has been improved or beefed-up this year. Like stronger frames. Higher weight ratings. Heavy-wall exhaust pipes with aluminized mufflers. Optional electronic ignition systems. Power front disc brakes are even standard.

You can pick your power from a thrifty 6 or V8s ranging up to 401 cubes, and then gear it with a 3-speed automatic, fully synchromesh 3 or 4 speeds, or a 5-speed direct or overdrive transmission.

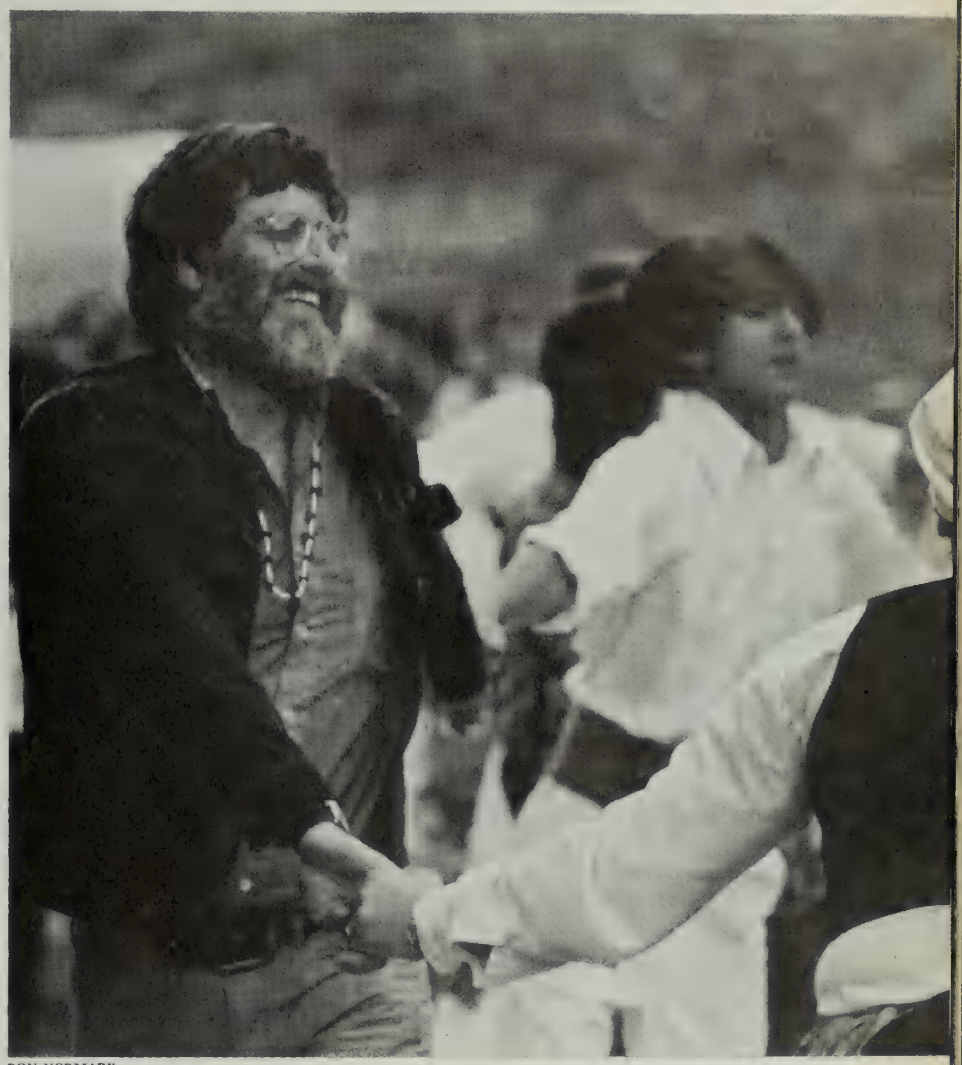
Inside you can get as plush as you like. Power steering, air conditioning, AM-FM radio, tinted glass, carpeting, you name it.

We've said it before, but maybe it bears repeating—once you look into The Other Pickup you just might decide it's the Only Pickup.

INTERNATIONAL PICKUP
The Other Pickup

INTERNATIONAL HARVESTER

wo ways *to get around: by*
orse near rental stables (top) and
rented bicycle along
eadow-lined pathway to Ketchum



DON NORMARK
Energetic visitor *joins dance circle at Basque picnic; annual fest (June 20 this year) draws region's Basques, townspeople, tourists*

nger rentals.) A free bus roams the alley until well into the night; a jitney de into Ketchum costs 50 cents. And ere's a special transportation treat for ty children: If you rent and board a orse at the stable during your visit, our child can feed and care for it himlf, with expert guidance.

utdoor sport instruction ranges from chery, English and Western horsemanip, flycasting, and ice skating, to more gorous rock climbing, sailing, and kayking. You can arrange for a float trip own the tumultuous Salmon River or aring lessons at nearby Hailey. There e day-long youth programs, and the ry young are eligible for a 24-hour ild care center.

n Valley's sports center in the shopng mall is headquarters for sport and tivity sign-ups, and for rental of any uipment you may need. Group activities include hayrack breakfasts, ghost town picnic hikes, and family barbecues.

For a free catalog of offerings at the arts and humanities center, write to Box 1153, Sun Valley, Idaho 83353. The new complex offers a wide variety of courses in the arts, photography, and drama; there are also special children's programs.

Room rates start at $24 per day for two at Sun Valley Inn, $26 at Sun Valley Lodge. (There are special week-long package rates for tennis and golf enthusiasts.) Condominiums accommodating three persons, with cooking facilities, at Sun Valley or Elkhorn Village (1 mile away) start at $22 per day for a studio, $44 for a two-bedroom unit. The swimming pool and sauna are free; you pay a small fee for tennis and golf.

The summer season runs from May 15 through September. Summer days are warm but evenings can be cool and brisk; brief midday thunder showers are common.

Getting there takes planning. The closest major-carrier airports are Salt Lake City, Boise, and Twin Falls. The closest scheduled bus stop is in Twin Falls, 80 miles from Sun Valley. A commuter airline connects Salt Lake City and Boise with the Hailey Airport, 12 miles from the resort. You can have a resort bus meet you in Hailey or Twin Falls.

If you plan to drive (at *Sunset*'s press time, southern Idaho lacked many of the gas problems of more urban areas) you should call ahead to Sun Valley's toll-free travel advisory service (800) 635-4444, for updated advice on best routes and gas supplies. The resort area is just off U.S. Highway 93, a 3-hour drive from Boise, and about 5½ hours from Salt Lake City.

The dial-a-ride idea . . .

How it works and where it is being offered

La Habra, *California, mini-bus collects family at doorstep. Mother pays 50 cents one way; all three children with her ride free*

NORMAN A. PLATE

To get *durable but especially maneuverable buses at low cost for its new Richmond, California, dial-a-ride service, AC Transit cut apart and removed 6-foot section from existing heavy-duty buses (above). Result (left) is a roomy, plush new interior*

"Dial-a-ride" is one of the newest terms commanding public attention due to the growing popularity of public transit. Several California communities have decided to try the dial-a-ride idea during the past few months, and still more Western cities are studying it closely.

Also called "demand-responsive," dial-a-ride at its best combines many advantages of the bus and the private auto. Instead of running along a fixed route on a fixed schedule, the bus provides door-to-door service, coming right to your home (or wherever else you are) and taking you to your exact destination. Here's how it works in La Habra, California, where it was installed a little over a year ago:

Buses operate Monday through Saturday, 7 A.M. to 7 P.M. To summon a bus, you just phone the dispatch office and tell them where and when you want to be picked up, and where you want to go. (You can try one of the sprightly little propane-powered buses for yourself if you're visiting in La Habra; the number is 694-3723.) The dispatcher will tell you when to expect the bus; the average wait is 20 minutes, and you'll be phoned back if the bus will be late.

You don't go immediately to your destination: Each roving bus is routed to pick up people on the same general route who are going in the same general direction. The driver radios the dispatcher every time he picks up or discharges a rider. This helps the dispatcher regulate the course of the bus, and the constant radio contact gives an added measure of safety: If trouble develops, the dispatcher knows at once.

As you get off you can tell the driver when you want to be picked up for the homeward trip; the reservation is forwarded to the dispatcher. You can also place a standing order to be picked up at the same time and place every day. But you can't flag down a bus.

The drivers—several of them women are service-oriented; they help with aw ward loads, and shine a spotlight riders' walkways after dark.

One-way fare is 50 cents; any numb of children (including school classes) c travel with one paying adult. Transfer long-distance Orange County Tran District fixed-route buses is free; transf back to dial-a-ride from the 25-ce Orange County buses is an ext quarter. With this mixed-mode transi system a parent can dispatch a child relative safety from the family doorst to the beach 20 miles away for a rour trip cost of $1.

Dial-a-ride authorities say the syste works best in fairly dense suburb communities (8,000 to 10,000 perso per square mile, averaging one bus p square mile) in which there are a nu ber of dispersed origin and destinati

A gentle lecture from Crane to women who appreciate beautiful things.

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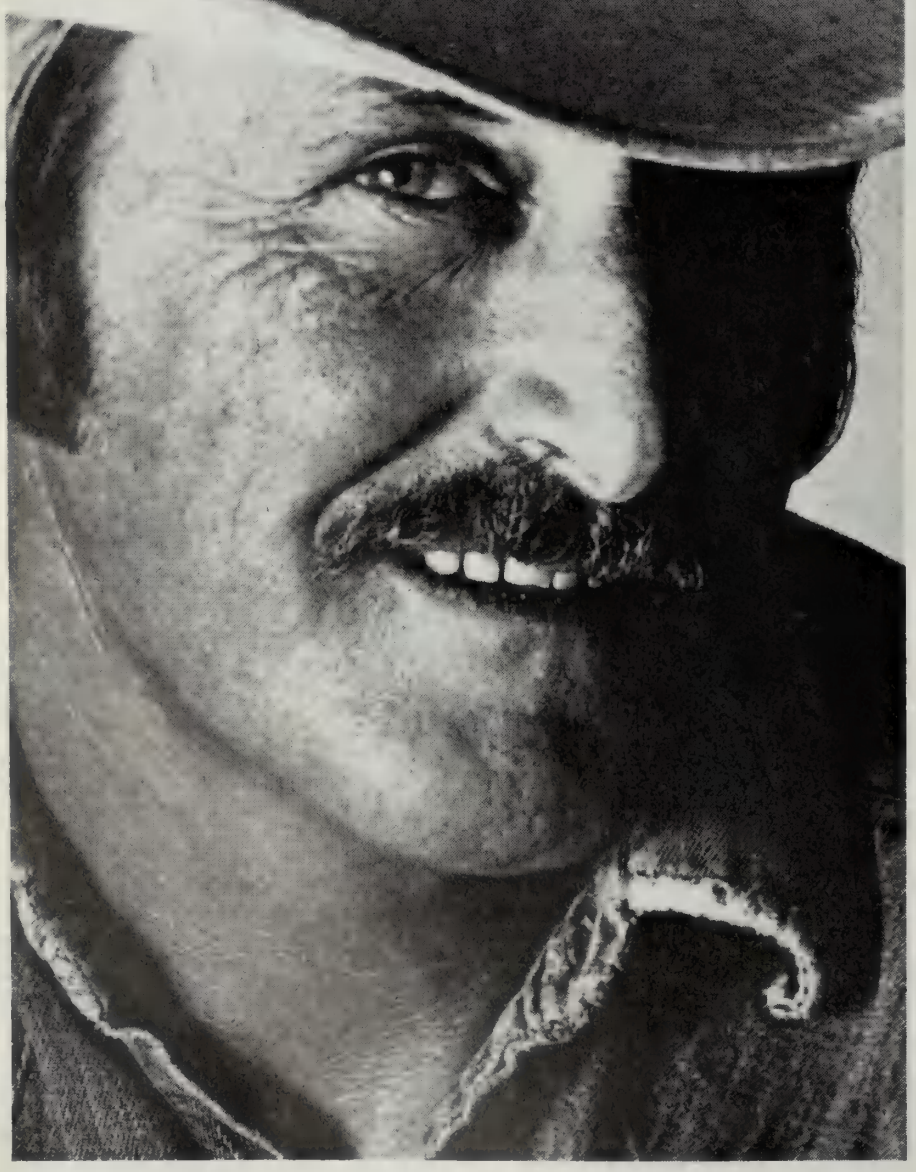
phoenix



NORMAN A. PLA

A week's *shopping comes aboard b waiting for lady at market do*

points such as shopping centers, offic and community gathering places.

It's not suited for exclusively bedroc communities; and if residential and d tination points are concentrated, a larg fixed-route bus is more efficient. Dial-ride could be a major help in getti people from home to high-speed lor distance routes, like the Orange Cour system or Bay Area Rapid Transit.

Dial-a-ride requires a good deal of lab and, so far, a somewhat higher subsi than most fixed-route buses. (No fede funds were used in La Habra; but n the Urban Mass Transit Administrati makes federal funds available for capi equipment—especially new buses.)

Equipment is a common problem: M small, maneuverable buses aren't d able enough for intensive use. AC Tr sit's solution for its new Richmond, C ifornia, dial-a-ride service was to down some of its big heavy-duty bu (from 35 to 29-foot length, 45 to 1 passenger-capacity) while adding strikil new interiors and saving half the proximate $20,000 cost of a new mi bus. These buses are built to last m than a million miles; the bus we pho graphed had logged only a gentle 69 000 miles when it was cut apart.

Besides La Habra, the California co munities of La Mirada, Watts, and E Los Angeles have forms of dial-a-ri and Richmond and Merced should op their systems early this summer. So areas may have a chance to vote funding systems this fall. And the m far-reaching system will debut in S tember: California's Santa Clara Cou Transit District, formed when the cou bought and merged three faltering lines, will start operating the first of to 200 dial-a-ride buses in satellite zo feeding into the central long-distance system. Dispatching will be comput assisted.

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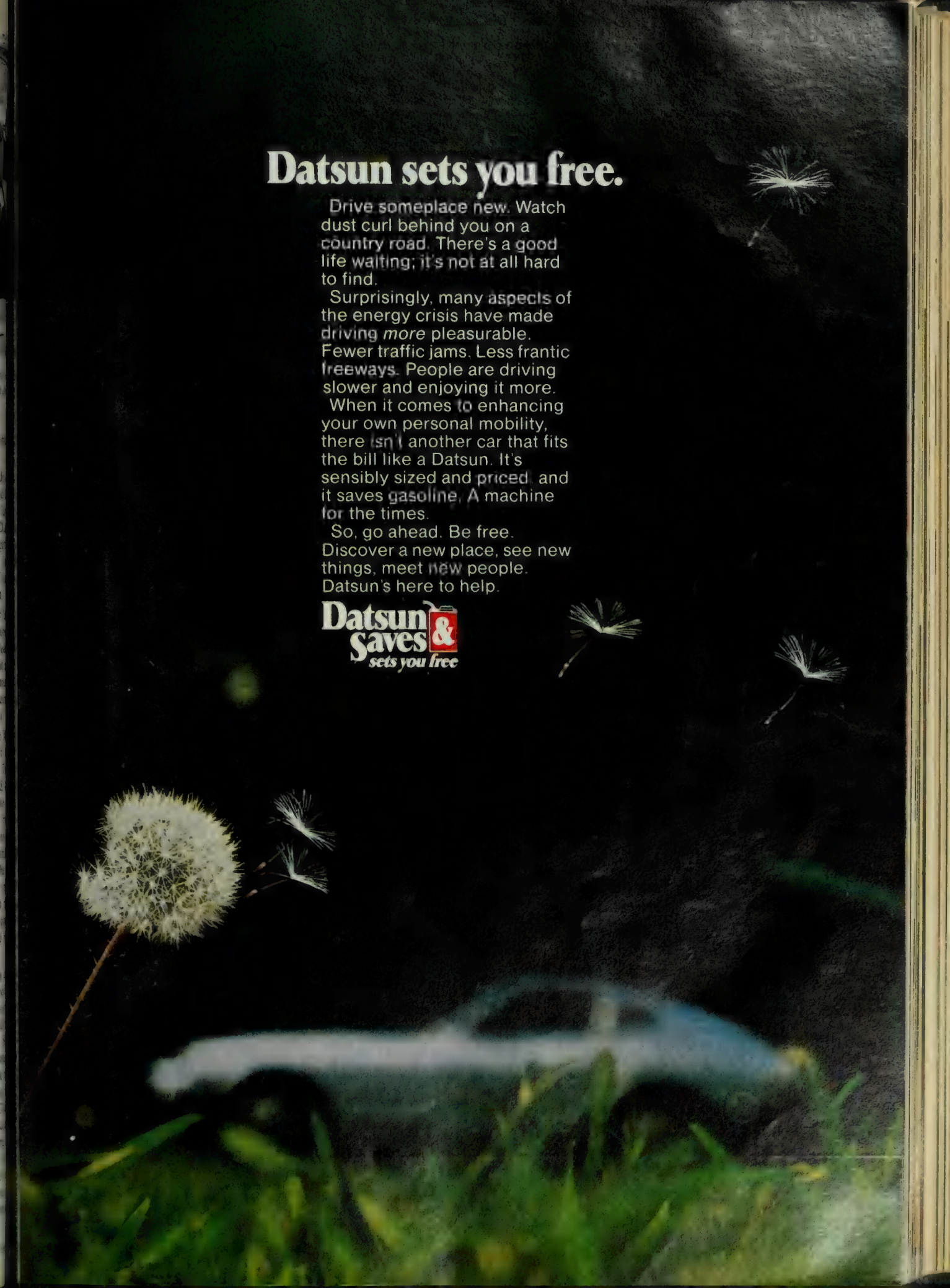

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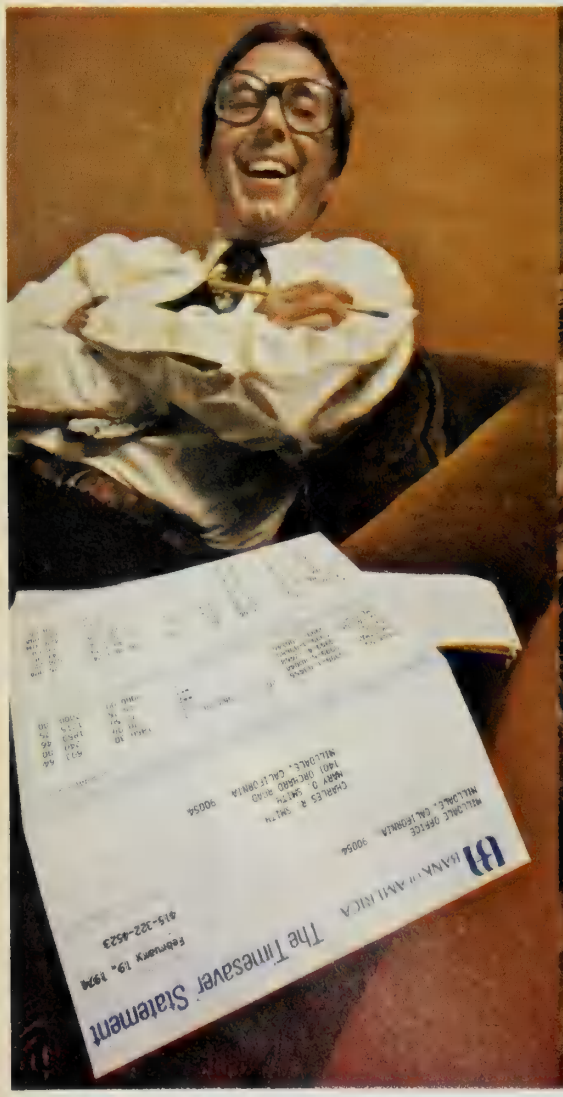

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To national parks without your car

This may not be the year for a long aut mobile trip, but all of the West's natior parks can still be visited using regular scheduled and tour services of the maj bus lines.

Continental Trailways. It has escorte 15-day bus tours from Los Angeles a San Diego that call at Grand Canyo Bryce Canyon, Grand Teton, Yello stone, and Zion. Tour price is $4 per person and includes round-tr transportation, accommodations (doub occupancy), some meals, sightseeing e cursions. Departure dates are June 2 August 3, and September 7.

Continental Trailways also offers 10-d tours from Southern California cities Grand Canyon and Carlsbad Caver ($306), 9-day tours stopping at Lass ($298), and 8-day tours calling at S quoia - Kings Canyon and Yosem ($274).

From San Francisco, Continental offe 4-day tours ($130) to Yosemite: depa ing May 5, 25; 9-day tours ($247) Crater Lake: May 18, June 15, July 1 August 10; 12-day tours ($432) Arches, Canyonlands, and Grand Ca yon: June 1, September 21; 14-day tou ($480) to Yellowstone, Grand Teto and Crater Lake: July 13, August 1 and 15-day tours ($426) to Crater La and Mount Rainier: June 17, July 1, 1 22, 29, August 26.

Greyhound. Escorted 14-day tou from Los Angeles (12 days from S Francisco) call at Yellowstone a Grand Teton. Tour price is $594 p person from Los Angeles ($511 fro San Francisco), including round-tr transportation, accommodations, sor meals, sightseeing excursions. Departu dates are June 30, July 14, and Augu 11 from Los Angeles (July 8, 22; Augu 5, 19 from San Francisco).

Greyhound also offers 7-day tours fro Los Angeles (9 days from San Fra cisco) calling at Zion, Bryce Canyo and Grand Canyon for $305 from L Angeles ($353 from San Francisco); a a special 23-day bus/ship/rail tour fro Seattle stopping at Mount McKinl ($1,052).

Other options. Many independent b tour companies offer package trips th include visits to one or more of the n tional parks.

From most of the park gateway citi concessionaire buses take visitors in the parks.

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MEXICO

KAREN HAMMOND

Passengers *board ship docked in Helsinki harbor. Note that luggage is light, but should include a coat to wear on deck in the evening*

If you go *into Scandinavia far as Sweden or Finlar consider adding a sh junket to the U.S.S. The S.S. Bore III lea Helsinki twice weekly, arriv in Leningrad 14 hours la*

By sea from Finland to Leningrad and back . . . the ship is your hotel

GORDON HAMMOND

Dinner on board *features sumptuous smörgasbord—so many selections, hot and cold, that choosing could be your biggest problem*

One of the easiest and most delightf ways to visit Russia is by ship from He sinki to Leningrad. Helsinki is only abo 60 minutes by air from Stockholm, case you are already that far north.

The Finnish liner, Bore III, leaves He sinki every Tuesday and Friday betwe May 3 and October 4, 1974. The tr consists of three nights on board and tw days sightseeing in historic Leningrad.

No visa is required, although you need your passport. This rare exceptio to usually strict Soviet visa rules is pro ably because you spend your time eith on the boat (which is your hotel at nigh or under the eye of Intourist guid while visiting the city. You avoid t time-consuming process of getting visa and you need unpack your cloth only once—when you board the shi The food aboard is excellent and t sightseeing in Leningrad, with Russia guides, is well organized.

Passengers leave Helsinki harbor at P.M., have a leisurely dinner, and arriv in Leningrad the next morning. Russia officials meet the ship and sober scrutinize your passport photograp comparing it with your face sever times. They keep your passport and giv you a plastic card with a number on which you must return at the end of t day to retrieve your passport.

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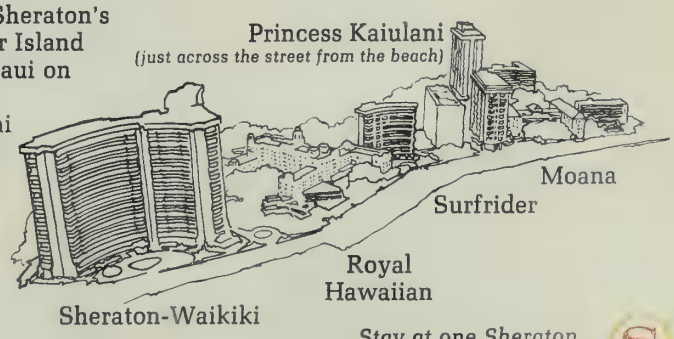

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harbor, but you can take them later
in the city.

Russian Intourist guides are on the doc
with buses for all passengers. You choo
a bus that "speaks" your language a
meet your guide who is with you all da

City tour: art, circus, shopping. Fi
there is a tour around town to let y
get a feel for the city and how the riv
Neva winds through it. Some historic
buildings are pointed out with past a
present use briefly explained.

Lunch each of the two days is in
Russian restaurant. Compared with t
food aboard ship, the quality was poc
but at least you have the chance to e
perience a hearty five-course Russi
meal. In the afternoon you visit t
Hermitage (Winter Palace) to see its r
markable art collection. Some of t
rooms in the Hermitage are restore
their splendor may interest you as mu
as the paintings.

In the evening, there are several option
a visit to a Russian circus, an opera,
a dinner in town.

The second day includes a trip to Pete
hof (Peter the Great's summer palac
and shopping in the Beriozhka touri
stores where you will probably fi
Russian dolls, lacquered bowls, fur hat
caviar, and rustic Russian crafts. Pric
are not much less than what you wou
pay in the United States although t
selection may be greater. You use U.
or European currency, not rubles.

After a full day of sightseeing, you ca
look forward to relaxing aboard shi
To help you unwind, there is a handson
sauna in the ship's bow with spacio
changing rooms. Check the purser
office for specific hours for men a
women. You can also make reservatio
for private sauna parties. Sign up earl
the sauna is pleasant and popular.

Cost of the whole trip from Helsin
ranges from $99 to $220 per perso
This includes your cabin, meals, and a
sightseeing expenses except shoppin
The cabins are all comfortable. Lowe
priced cabins are smaller, though sti
air-conditioned and with their own was
basins. Food on board is Scandinavia
served buffet style. There are two sittin
for dinner—at 6:30 and 8:30. Breakfa
is from 7 to 9 A.M. Wines are availabl
at an extra cost.

Some hints. Leave extra baggage at yo
hotel in Helsinki to keep your cabi
roomy. To enrich your sightseeing, tak
along English guide books; you probabl
won't find them in Leningrad. If there
time before you go, read Harrison
Salisbury's *The 900 Days, The Siege*
Leningrad; or perhaps *War and Pea*
by Leo Tolstoy, if you're ambitious.

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Kodak

Kodak pocket Instamatic 60 camera.

Into Canada or Mexico by rail

Last month we told you about chang in Amtrak service that could make r travel easier in the months ahead (s page 36 of the April 1974 *Sunset*). B American trains are only part of t story: There are fine trains and so spectacular scenery in Canada a Mexico, and Amtrak has reasonable co nections with both.

Canada

Canadian trains are a particular tre their rolling stock is possibly the best North America. They connect with A trak in Vancouver and Montreal.

Amtrak's *Pacific International* fro Seattle arrives at the Canadian N tional station in Vancouver at 10:30 P. Canadian National's *Super Continen* leaves Vancouver for Montreal via J per National Park daily in the ea afternoon; it's a 77-hour trip. (There's connection en route to Toronto; this su mer, a second cross-country Canadi National train will run directly fro Vancouver via Jasper to Toronto.)

Canadian Pacific's *The Canadian* leav Vancouver for Montreal daily at 6: P.M. It covers much the same route Canadian National, but curves south stop at Banff National Park instead Jasper. The Canadian Pacific Vancou station is just 1½ miles from the A trak/Canadian National station.

Canadian fares depend on the day y depart; mid-week fares are lowest.

You can drive to Vancouver and sh your car east on a Canadian Nation freight; but allow for a three-day sto over at Vancouver, Jasper, or Montre since the freight is slow. (This could b good way to beat fuel shortages on long trip east this summer, although C nadian gasoline supplies are reporte adequate and you can probably dri clear across Canada with little troubl

Mexico

You can change from Amtrak to t National Railways of Mexico in El Pa by taking a taxi or bus across the Mexi border to Ciudad Juárez.

Amtrak's *Sunset Limited* from Los A geles arrives in El Paso at 3:50 P.M Mexico National leaves Ciudad Juár for Mexico City via Chihuahua at 7 P.M.; it's a 36-hour trip. You must pi up tickets at the Juárez station.

Consult your travel agent early if y plan to ride the rails in Canada Mexico; like Amtrak, these trains a subject to increased summer demand.

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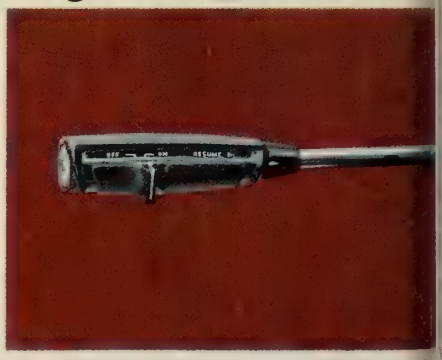

This Special Edition Sportsman has even more great features than any of our best-selling Sportsman models. The completely color-keyed interior has thick pile carpeting that covers every inch of floor space—and even climbs the walls.

As for upholstery, you won't find the likes of our stripes anywhere else. Made especially for Dodge, this bright, bold fabric covers the wide foam buckets, the bench seats, and even the door and side trim panels.

There's plenty of room for any kind of load—from tools to tots. And great standard features such as Electronic Ignition and power front disc brakes. Plus a whole batch of great options such as power steering, automatic transmission, AM/FM radio, integral air conditioning, and automatic speed control (shown at the right). And there is a choice of engines, 318 V8 and 360 V8. Both use regular gas.

Dodge

Dodge Trucks

EXTRA CARE IN ENGINEERING MAKES A DIFFERENCE IN **DODGE... DEPEND ON IT.**

New adventure by ferry in Alaska

A vast new territory opens up for wilderness vacationers when the Alaska Marine Highway System begins ferry service from Ketchikan across the strait to Hollis on lushly forested Prince of Wales Island this month.

Although this huge island (132 miles long and 45 miles wide) has seen loggers and miners for years, the scattered population is small (about 2,000). Aside from two small hotels in Craig, there are no overnight accommodations. But the whole island is part of Tongass National Forest and it's great country for backpackers and bikers with camping gear.

Getting there. After May 15, the M/V *Chilkat* will leave Ketchikan every Friday and Saturday morning for the 4½-hour run to the small port of Hollis. At about 1 P.M. it will start the return trip. Arrival and departure times vary with the tide. Since the *Chilkat* carries only 15 motor vehicles, drivers should make advance reservations. One-way tariff is $14 for a standard passenger car, more for vehicles over 19 feet long. Foot passengers pay $5.

From Hollis you can drive 30 miles of graveled road, jointly maintained by the Forest Service and Ketchikan Pulp Company: 23 miles to Klawock, and 7 miles farther to Craig. Both villages have small general stores.

If you camp. The Forest Service advises that you can pitch a tent anywhere, stream water is safe to drink, and you can gather your own wood. Since wood may be wet, a fire starter and a camp stove will be helpful. Bring a tire repair kit if you bike in, and don't forget your rain gear; average annual rainfall is 100 or more inches. Weather is driest from May to August.

The forests are spruce and hemlock and Western red cedar, with ferns and spongy moss underfoot. Salmon berries begin ripening in June and are followed by blueberries and huckleberries into the fall. In season, fishing for Dolly Varden trout, steelhead, and salmon is reported excellent.

For more information on the forest, write to Regional Forester, U.S. Forest Service, Box 1628, Juneau 99801. For more ferry information or reservations, write Alaska Marine Highway System, Pouch R, Juneau 99801; or call (907) 465-3941. For ferry information only, write Pier 48, Seattle 98104; or call (206) 623-1970. □

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Day ride *Cyclists stop for a snack at the end of Phoenix's new 11-mile bike loop* TERRY EILER

Weekend trip *South of Monter*

What about bike tripping?

"A joy, a torture, and certainly an experience you won't forget." With an assist from this and other Sunset readers, we offer a 1974 look at bicycle touring

NORMAN A. PLATE

ike camping family from Woodside heads toward Big Sur

Family vacation

Sturdy individualists, the Allen Rumpfs of Mercer Island, Washington, disembark at Skagway during tour of Alaska last year

"The quietest boom," it's been called.

Quietest because of the very nature of bike tripping. It's a gentle recreation, easy on the environment, and only as demanding on you as you want to make it.

Boom because no word better describes the quickness with which adult bicycling has been gaining in popularity.

Nine years ago, in an 8-page article titled *The bike's comeback*, we pointed out how people were beginning to rediscover this uniquely efficient means of transportation. At that time there were 30 bike clubs in the West. Today there are more than 190. Then only the young were riding 10-speed bikes, still called "racers" by many. Now people into their eighties are riding these easy-pedaling, responsive machines that have done so much to make bike touring attractive. Then bike trippers were a rare breed; today they seem, in season, ubiquitous.

Clearly the trend has been to bike touring—short trips, long trips, adventures. To find out how this has touched our readers personally, we posed a query in the February *Sunset*. More than 115 readers took the time to write back, many in considerable detail. We also circularized the bike clubs. We visited bicycle shops. And we did our own riding and talked to riders.

Some of the comments were forthrightly negative: hazards, disappointments, difficulties in finding agreeable routes. But almost all saw the good far outweighing the bad.

Here's a sampling of our readers' (and our) suggestions for those who already bicycle and are beginning to expand their horizons.

Before you pedal off

The road for a biker does not have to be long. Just as a car shrinks distance, so the bicycle expands it.

Consider that you'll cover 8 to 12 miles in an hour of biking—less if the route is hilly or the wind's against you, perhaps

more if it's completely level and you establish a good rhythm. In total distance, it's wise not to plan a trip that takes you more than half again as far as your last outing; if that was 30 miles, for example, limit the planned ride to at most 45.

Scouting the ride. On a car drive, study the road with a biker's eye. Would this be a rewarding route to pedal over?

The most satisfying roads are those that wander by meadows, hills, river valleys, farmlands, small towns. Hills are usually unavoidable in an interesting route; but remember that a long steep climb or a succession of short ones may exhaust you on a bike trip, even on a 10-speed. (On a 3-speed, of course, your hill-climbing ability is even more limited.)

Note the road surface and shoulders. Wide? Narrow? Uneven, crumbling, potholed? (Much of Coast Highway 1 in California has no shoulder; this makes for hazardous bicycling.)

What seems like a road with numerous places to eat as you drive by at 55 mph can offer sparse pickings when you're biking. (We biked 52 miles of the Feather River Highway one sunny February day. Not one cafe was open along the way.)

What to take along. Don't be mesmerized by the long equipment lists in some books. Except perhaps on trips that take you far away from towns, there's no need to be a pedaling repair shop.

Still, on any ride it's wise to carry a small tool kit with tube repair gear or a spare tube, two tire irons, and a pump.

On a longer ride, each rider should carry a spare tube and lightweight rain gear (in season), and someone should also have a flashlight, a few aspirin, salt tablets (in hot weather), a detailed road map, and a small first-aid kit ("bleeding bicylists tend to create a negative image in the public view," as J. W. Walton points out in *Bicycling!*). Two readers recommend that wearers of contact lenses remove them to avoid irritation or loss.

This is obvious but it bears repeating: On sunny outings, take along a cap or hat, cycling gloves, lip balm, sunburn lotion. Once you've discovered the pain of biking with sunburned thighs or hands, you won't need to be reminded.

Choosing and loading gear for a bike camping trip is an art all by itself; for advice, look to a good book such as *Bike Tripping* (Ten-Speed Press, Berkeley, 1972; $3).

First by bus to a scenic valley...

What's new and what's useful? Here is a report fo

Matching the increase in bike touring, manufacturers have been introducing expanded lines of accessories at a fast clip. If you can't find what you want at your local shop, buy a bicycling magazine (*Bicycle Spokesman, Bicycling!, Bike World*) and write to the advertisers.

Raindrops *keep falling on amused pair at Tracy, California. Left, light plastic poncho ($4); right, biker's cape with thumb loops, back vents ($20)*
JOHN F. MARRIOTT

The Tokheim gear. The most newsworthy mechanical development in bicycling in 50 years will be on view at bike dealers this year: the new Tokheim gearing system. The Tokheim provides 5 speeds that span the range of the typical 10-speed rear derailleur system. But there is no cluster of rear sprockets, no pivoting derailleur arm. Instead, individual teeth move in or out to increase or diminish the effective rear sprocket size.

To shift, you twist a handlebar grip to any of five marked stops; there's no guessing, no shifting "by ear."

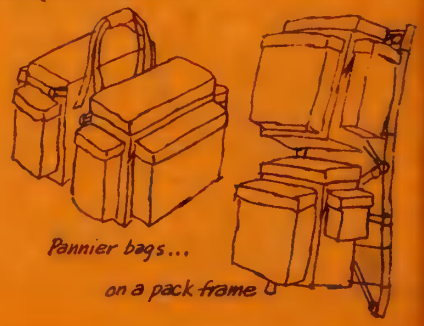
You can even change gears when completely stopped. "Makes shifting something you don't even have to think about," said an impressed *Sunset* editor who tested a Tokheim-equipped bike in Los Angeles.

Sentinel and Huffman are beginning to market bicycles with the Tokheim gear; others may follow. Bikes will be in the $130 to $200 range.

Safety gear. French leg light shines white beam forward, red aft ($2). Plastic flag flies high above biker ($4). (Caution: "The fluorescent flag our 7-year-old has on his bike caused horses to bolt in Griffith Park," comments Patricia Yankosky of La Crescenta, California.) Removable headlight slips out of its holder for safekeeping ($4).

Backpack toter is a new device for hikers, campers: 19-ounce steel frame bolts to seat post and frame, supports a backpack or other equipment ($15).

Pannier bags fit over rear wheels. Many sizes, styles are available ($20 to $65), including a pair that can be lifted off the bike and attached in seconds to a backpack frame.

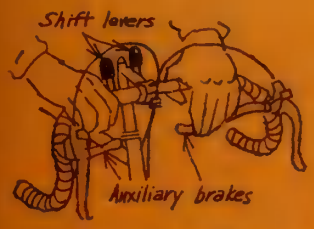


...a leisurely tour, then check into a motel

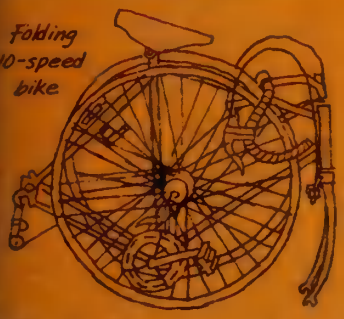
GLENN CHRISTIANSEN

Though they arrived *at the Santa Barbara bus depot with cartons at the ready, this young couple was allowed (against official company policy—see page 83) to stow their bikes uncartoned in the luggage hold. Unloading (picture at far left) took place at Buellton. After a two-wheel tour of the Santa Ynez Valley with a stop at La Purísima Concepción Mission (buildings visible behind horse), they rode to Solvang to honor a motel reservation*

ippers, tourers



High shifters and "chicken" brakes. These options are increasingly popular, though many experienced bikers feel they're unsafe: shift levers on handlebar stem instead of on frame; auxiliary brake handles that let you brake without dropping hands.



Collapsible 10-speed may take persistence to find, is not cheap ($190), but folds swiftly to compact bundle for carrying in cars, buses; from Gitane. Wheels and frame are standard size.

Pacing, food, and drink. Bikers agree it's important to get an early start. Many roads are surprisingly empty of traffic on Saturday and Sunday mornings.

The first few longer rides, set your own speed and stick to it. Plan on a relaxed pace with time for leisurely exploration of side roads and byways. Try to keep leg speed as near constant as possible as you pedal—by shifting quickly as the road rises or falls. You'll soon build up road savvy, improve leg and lung power, and sharpen your biking technique. Speed, distance covered, and enjoyment will increase accordingly.

David DiBello of Santa Ana reminded us of three maxims to bike by: "Drink before you're thirsty. Eat before you're hungry. And rest before you're tired."

Other readers amplified these suggestions. "If you end up at the top of a hill bushed, *really bushed*, you're pushing yourself too hard," Bill Harbison of Portland writes. "Get off the bicycle before your temples are pounding and you're gasping for breath. Walk a ways. Take five. Let the body rebound."

Several mentioned snacking intermittently during a biking day, and never sitting down to a full meal until the ride was over. But don't miss a good breakfast (some like to bike to a pancake house to start the day).

Gorp, a favorite of backpackers (for the uninitiated, it's a dry mix of raisins nuts, wheat kernels, M & M's, that sort of thing), keeps many cyclists fueled. Dried fruits and high-energy cookies or squares you can bake at home are equally good.

Biking from motel to motel

Many's the time an attractive biking destination is a little too far for a comfortable round trip. One often overlooked solution is this: Bike to the destination, stay in a motel or hotel overnight, and pedal back the next day.

To the motel owner, you may be a rarity; but chances are good he'll let you walk your bikes right into the room, assuming they're not caked with dust or dripping with oil. (We telephone-surveyed motels in the West to confirm this.) This leaves you free to have a shower and go out for dinner without worrying about bike security.

If your schedule permits, the next day you could bicycle to a second city, town, resort, or roadside stop, check in to another motel, and get another good rest. Then the third day pedal home.

Some of our readers have pointed out the special pleasure of arriving hot and a little weary at a motel as the sun sets, and a few minutes later relaxing in the motel pool.

You may be able to fly or take a train

ELTON WELKE

"Sag wagon" accompanies a downriver run

Young couple from Nevada City, California, and two friends drove in a station wagon (with two bikes inside, two on a bumper rack) to Quincy. Then three rode and one drove (sharing driving stints) on the mainly downhill run from Quincy (3,432 feet) along the spectacular Feather River Canyon to Pulga (1,370). The 50-mile-plus ride through forests, up a few hills, and along stretches of gently dropping riverside road, smooth and wide, was a great success. By use of a support wagon, car shuttle, or public transportation, lazy cyclists anywhere in the West can choose similar mainly-downhill routes of scenic distinction and rack up impressive mileages

or bus to the first night's stay, then proceed from there, and again head back home by bus, train, or plane.

Here's the sort of trip that bike-moteling makes possible, without any investment in camping gear: A three-day tour of the San Juan Islands in Washington (hotel reservations advisable). A tour of the southeast Oregon coastline with overnights at (for example) Bandon, Port Orford, Gold Beach. A leisurely tour of the wine country northeast of San Francisco, with overnights at Sonoma, Calistoga, Napa. A biking tour of the hills and coast north of San Diego, with overnights at Rancho Santa Fe, Escondido, and one of the beach towns. A visit (if the weather's not too hot) to Palm Springs and Palm Desert.

The sag wagon

That's the bikers' name for a support vehicle that often accompanies a group on an extended outing: usually a station wagon or truck carrying spare parts, tools, food, perhaps camping gear. The same idea can extend the range of family and neighborly outings:

—Bikers head out on long day's ride. Sag wagon leaves 2 hours later, passes them 20-odd miles along the way, checks all are okay, proceeds, waits at destination with light lunch. The youngest or tiredest may prefer to ride back with the

If you go biking with the very young . . .

Many *Sunset* readers mentioned biking with very young children—either to tell us how they handled it or to seek advice on how to do so safely and pleasantly.

The following suggestions are from Barbara Kuehner, who has biked with a child or children in such diverse places as Eureka, Davis, and now Crestline in the San Bernardino Mountains.

1. If the children don't enjoy the trip, you won't either, so consider their comfort and pleasure first.

2. The strongest biker should carry the child (or the heaviest child). The extra weight is especially noticeable on hills. Many times the bike seat is on the woman's bike because she is the one who bikes with the child on weekdays. For a long trip, consider switching the seat to the man's.

3. Choose a trip with varied scenery. For example, a ride through Golden Gate Park is fascinating to a child because the scenery is close in and varied. Contrast this with a trip on straight roads through farmlands where the same crops are planted mile after mile.

4. Bike with another couple with children. This isn't essential, but it makes the trip a lot more fun for all. The children wave to each other from the back of the bikes and enjoy playing together during breaks.

5. Consider the temperature of the child. The child is just sitting, not exercising, and often he's in the wind at that. He will probably need more clothing than you. If the weather is cold, cut the trip short.

6. If there are going to be long, dull stretches, give the child snacks to eat or a toy to play with. We start with a snack bag containing raw carrots and beans. Then we bring out a bag of raisins and dry-roasted soy beans. Next comes a bag with some cookies. Finally comes a bag with candy. Most children like such snacks, and you can give a child a whole "meal" this way. (For carrying drinks, Pat Yankosky recommends a leather drinking pouch—

At Coyote Hills *park in Fremont, youngster in a $65 bike trailer guards the family picnic basket*

DARROW M. WATT

Out *on a regular Thursday morning ride, Mercer Island mother and son both relax. (Note comment on back carriers at right)*

sag wagon; others cycle home.

—Sag wagon carries the bikes to a distant park. Driver sets up camp; others head out on a day's cycling, come back to a set-up camp with dinner on the fire.

—Sag wagon heads out with bikes and bikers, leaves strongest riders maybe 50 miles from destination, others 40 to 25 miles. All head toward destination; with the right allowance for proficiency, they'll all arrive within half an hour of each other.

By plane, train, bus

What happens if you want to take your bike along on a train, airplane, or bus? Here's the current picture.

Airlines. All major lines accept a ticket-buyer's bicycle. Contintental (some locations), Delta, and United supply a large packing box; you must turn the handlebars sideways and remove the pedals. American and TWA provide a heavy polyethylene bag for $2. Air California, Hughes Airwest, Braniff, National, Pan Am, PSA, and Texas International want the bike cartoned or possibly bagged. Alaska, Continental, Frontier, Northwest Orient, and Western will accept an unwrapped, uncartoned bike; you'll likely be asked to turn handlebars and remove pedals. Shipping charges range from free to $10.

In all cases confirm details by telephone and arrive early for check-in.

Railroad. When Amtrak was formed, officials agreed to make cardboard cartons available at train depots for the bike traveler. Few were used. Most depots no longer provide them. Now bikes are allowed as personal baggage, as is. No packaging or disassembly is needed; but remove pump and any bags, as a security precaution. Only problem: on a few runs the trains have no baggage car (examples are Oakland-Bakersfield and Seattle-Vancouver). Amtrak's bike handling charge is $2.

Steven and Luana Staiger of Palo Alto, California, took Amtrak last summer to Klamath Falls, Oregon, then bicycle-camped along the Klamath and Trinity Rivers to the coast and returned down U.S. Highway 101 to San Francisco. (Incidentally, prior to this nine-day, 570-mile trip, they had never taken a single-day trip of more than 40 miles.)

Bus lines. Greyhound has just announced a new policy: Ticket buyers will be able to take bikes along as personal baggage (within the 100-pound limit) without charge. They must be partially disassembled and fitted into a carton, heavy canvas bag, or other carrying case no more than 60 inches long.

Continental Trailways' policy is similar. But we found that some agents didn't realize that bikes could be accepted; don't let them turn you away.

With both lines, chances are good that the bike can accompany you. But this depends

The trauma of traffic

Threading their way through a hostile environment, bikers pause uncertainly at Park Street Bridge to Alameda on San Francisco Bay. Often the only approach to a destination is through a daunting series of heavily trafficked streets

GLENN CHRISTIANSEN

DON NORMARK

One tot *up front and one behind: the Levys of Sepulveda, California, get noticed wherever they go*

"easy to carry, great for thirsty children.")

7. Take frequent breaks, preferably in places of interest to the child. One of our most successful trips was going from park to park in the Palm Springs area. The children got rid of lots of energy running and playing.

8. If you plan to go on a long, challenging trip, hire a baby sitter for the children. A child on a carrier or on your back puts a strain on you and the bike. Your balance around corners isn't as good. Children can move unpredictably, especially if they haven't been told how to sit. This can be very dangerous in traffic or at high speeds.

Some readers suggested that biking children should wear an impact-resistant helmet—perhaps a mountain climbing, hockey, or trail bike helmet, available in various sizes in large sporting goods stores, indoor rinks, and motorcycle supply stores.

In the field of tot carriers, there's little new. A molded plastic unit that keeps the child's feet positively separated from the rear wheel has become popular (about $20 at department stores). Jane Grant of Othello in eastern Washington suggests using "a terrycloth infant seat cover to keep the seat from getting too hot or sweaty in warm weather."

Be sure to warn children to keep their hands well clear of the wheels.

The very youngest are sometimes carried in back carriers of a kind familiar to backpackers. "We placed our son in a back carrier when he was 3 months old, making certain his head and hands were protected from winds," reports Mrs. Leslie Winger of Santa Monica. "He rode on his father's back—at first only for short trips to the ocean or market, now on longer trips. For the first few rides I would ride beside him so he wouldn't feel too alone on this new adventure. He now screams with delight whenever we go biking." There's a serious hazard to remember here: A squirming child could imbalance the biker, and in a spill the child would be especially [illegible] and could even catapult out.

JOHN F. MARRIOTT

CRAIG AURNESS

Bikeways can be bypassed roads, beach promenades

Bikeways by design—conceived, engineered, and built for that purpose—are still in the minority. More common are marked lanes on existing roads and sidewalk routes (which infuriate some bikers). At left, a bikeway by circumstance: When part of U.S. Highway 101 below Eureka in northern California was relocated, the old road was left to wander among the redwoods. Now the section from below Phillipsville to near Scotia, including the "Avenue of the Giants," is considered by many to offer the finest biking in the West. Above, a bikeway by adaptation: A walkway in Newport Beach, California, built in the 1930's, has been opened to bicyclists. For more on present and future bikeways, see page 256

Club rides? You're welcome to join

It's easier than ever to get involved in a bike club: There are now more than 190 in the West. Why join? The chance to get to meet fellow bikers, to hear of their experiences, to try your skills on tested routes.

The range of action from club to club is wide indeed: from half-hour runs to the ice cream parlor (a San Marino, California, club) to exhausting double-centuries (200 miles in one day) that highlight another club's schedule.

The typical group has 30 to 60 members and holds rides on many or most Saturdays and Sundays in good-weather months, plus an occasional weekender with overnight stay in campground or motel; there may also be a several-day bash wherein members travel a few hundred miles by car before the cycling begins.

Many clubs recognize the needs of novice bikers by scheduling *A*, *B*, and *C* rides from the same place at the same time. *A* riders may go 18 miles, *B* riders 32, *C* riders 40 or more.

Most print a list of upcoming outings, sometimes with notes on the joys and misfortunes of the previous month's endeavors. The big groups have magazine-size newsletters (last month's publication of the League of American Wheelmen ran to 32 pages).

Almost without exception, newcomers are welcome on club rides; becoming a club member is a matter of choice.

The regional clubs of the *American Youth Hostels* (AYH) offer day and longer rides for all ages, plus inexpensive overnighting in a growing number of wayside hostels.

The League of American Wheelmen, grandaddy of them all, has 10,300 members in all states; its chapters conduct local Saturday and Sunday rides, "housewife specials" in midweek, hill climbs, and regional rallies.

In the northwest, chapters of *The Mountaineers* in Seattle, Tacoma, Everett, and Olympia sponsor rides two or three times a week in summer.

The numerous chapters of *The Sierra Club* arrange frequent bike rides.

That's but the beginning. For a listing of the names and addresses of most clubs in the Western states, with a brief description of their nature and purpose, write to Bicycle Institute of America, 122 E. 42nd St., New York 10017.

GERALD R. FREDRICK

The tule fog has lifted *but the air is still cool as members of the Mother Lode Chapter of the Sierra Club ride onto the free cable ferry that links Ryer Island to Grand Island, 25 miles from Sacramento*

on available luggage space. If you need to make sure that the bike's at your destination when you are, ship it by express freight on the bus a day or two in advance (there'll be a charge).

On arrival, you can unpack the bike, collapse or fold the carrying case, and if need be check it at the depot for 25 to 50 cents per day.

Cartons. You can get a free carton at almost any bike store (most measure 8 by 30 by 54 to 60 inches). For a full-size bike: remove handlebars, seat, pedals, front wheel. Interweave handlebars and frame; insert in carton. Slip wheel in alongside, also seat and pedals. Add padding as necessary. Close carton and tie with strong cord.

All this takes perhaps 30 minutes the first time, much less thereafter.

Hazards . . . and the law

The hazards are real. The law is equivocal, and the source of much confusion.

The hazards. Some are under the full control of the rider: riding on poorly maintained equipment, riding beyond capability, inattentiveness. Some are mechanical, such as the notoriously poor performance of wet brakes.

There's another danger that bike magazines and books seldom mention.

Bring together any group of experienced bikers and most will have a tale to tell of being run off the road—deliberately, maliciously—by drivers who are simply out to get bicyclists. From 20 feet behind your rear wheel they'll blast you with a horn that's loud enough to alert drivers hundreds of yards away. And then they'll breeze by with inches to spare—when there's several feet of space between the car and the centerline.

The driver may even veer completely across his lane to force you onto a rough shoulder to an almost-certain fall.

There is nothing the biker can do about this kind of vicious driver, except to be constantly alert and prepared for any forseeable contingency.

"Maggie was almost run over by a huge camper truck. There she lay bleeding, trying to pull herself and her bike out of the roadway. The wife of the driver popped out to yell 'You damn kids shouldn't drive where the cars are!' And off they sped." So reports Betty Brockway of Mill Valley, California.

Trucks, of course, pose a threat from size alone. The big ones, at top speed, leave a turbulent wake that can throw a novice rider off balance.

But Dan and Suzanne Williamson of Ashland, Oregon, found that "truckers with their loads of logs were extra-cautious and polite with a smile and a 'toot'. We cannot say the same for other motorists—we were honked at, scolded, and run off the road."

Defensive bicycling. "It seems that whenever I have to pass a parked car, the driver is always opening the door right in front of my face. I find that, more and more, I use the road as a car driver uses it." So states Jim Brenden of Berkeley.

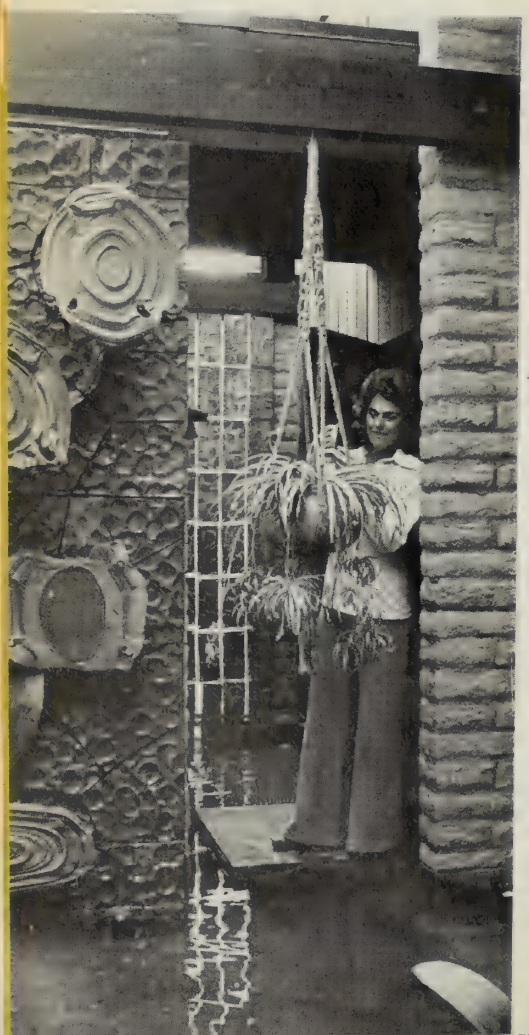
John Forester, contributing editor of *Bike World,* puts it like this: "Most states, like California, specify that 'every person riding a bicycle on a roadway has all the rights and is subject to all the duties applicable to the driver of a vehicle.' The courts uphold this rule. The law does *not* require you to ride only at the right-hand edge of the road. When it is safer not to ride by the curb, you are on firm legal ground not to do so."

Forester concludes: "On wide roads, ride just outside the actual traffic lane—not along the curb, but about three feet from the cars. On narrow roads, ride generally just inside the traffic lane, allowing room for a car to pass you safely if he squeezes over as far as he can. Where the lane is too narrow to permit safe passing inside it, then *openly take the whole lane by riding down the center.*

"This sounds adventurous—even subversive—but I believe it's the safest way to cycle." □

Entry walk *takes you past gray-foliaged Kalanchoe beharensis and Boston ivy clinging to walls and trailing from trellis*

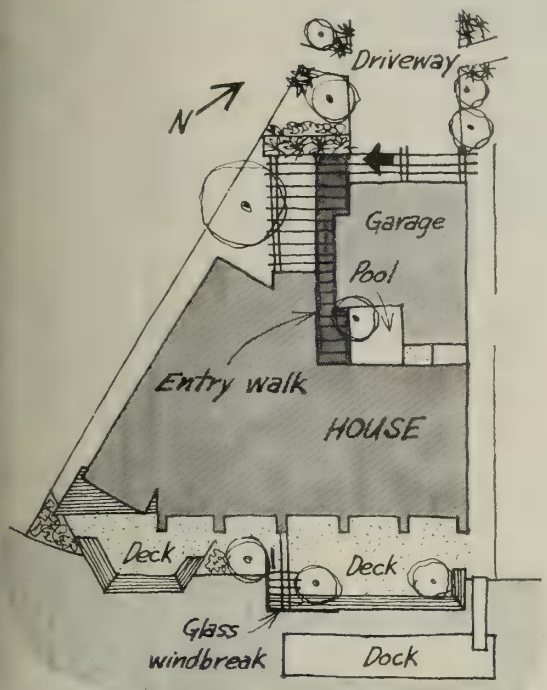
Fountain on wall *and pool fit into space between garage and house. Water drips from copper tube down ceramic facing. Design by Richard Moore and Randy McDonald*



GLENN CHRISTIANSEN

Window-level counter *runs across kitchen windows, is used for serving outdoor buffets. Pots of annuals are grouped on counter and on paving underneath. Doors at right lead to family room, kitchen*

The big deck is a wind-sheltered outdoor dining room



Lot fans out *from 35 to 85 feet. Usable planting areas are confined to entry, and narrow strip between the two back decks*

The lot was awkwardly shaped, spaces were tight, and wind was a problem. But good planning produced this comfortable, convenient, outdoor eating area and a leafy entry that leads you under vines and past a pool.

The narrow space between the back of the house and the channel was widened with two concrete decks cantilevered over an existing bulkhead wall. This gained 5 feet. Edging the decks with built-in benches created ample sitting area without requiring much additional furniture.

To thwart upchannel winds, there's a glass wall across the end of the main deck and another one between the two decks.

Located outside the living room, dining room, and kitchen-family room, the decks are in an ideal place for entertaining. There's a handy pass-through window between deck and kitchen.

The owners are Mr. and Mrs. Bruce Killian of Huntington Beach, California. The architect was Ron Yeo; landscape architects were Lang and Wood. □

Bench *is also safety railing. Seat, backrest are of 2 by 6's. Bench supports were cut from 4 by 12's and are set between pairs of 2 by 6's*

Windbreak *of tempered bronze glass also cuts glare off water. A sliding glass panel at far right provides access to second deck*

Expo site *borders downtown center, straddles Spokane River and two islands. City's major north-south arter is Division Street on site's east bounda but you should stick to streets shown here in orange, designated by city traffic engineers to bypass heavy downtown traffic. One main Expo parking lot is bounded by Ide and Monroe, the other by Trent and Division. Letters "P" mark two big downtown parking garages. Dotted line marks route of shuttle bus through principal hotel-motel district*

Expo '74 is opening. When to go? Where to stay? How to get around in Spokane?

Spokane's Expo '74 opens May 4 for a six-month run through November 3. It seems likely that fuel supplies will be adequate for most Westerners to make the trip. If you've been thinking of going, now's the time to plan.

What Expo is and what it isn't

Expo is a major and long-heralded Northwest event, but it may have suffered some from initial over-promotion. While it won't match in scale and dazzle the grand world's fairs of the last decade, Montreal, Osaka, and New York, it's still an impressive effort for a city the size of Spokane (population 180,000).

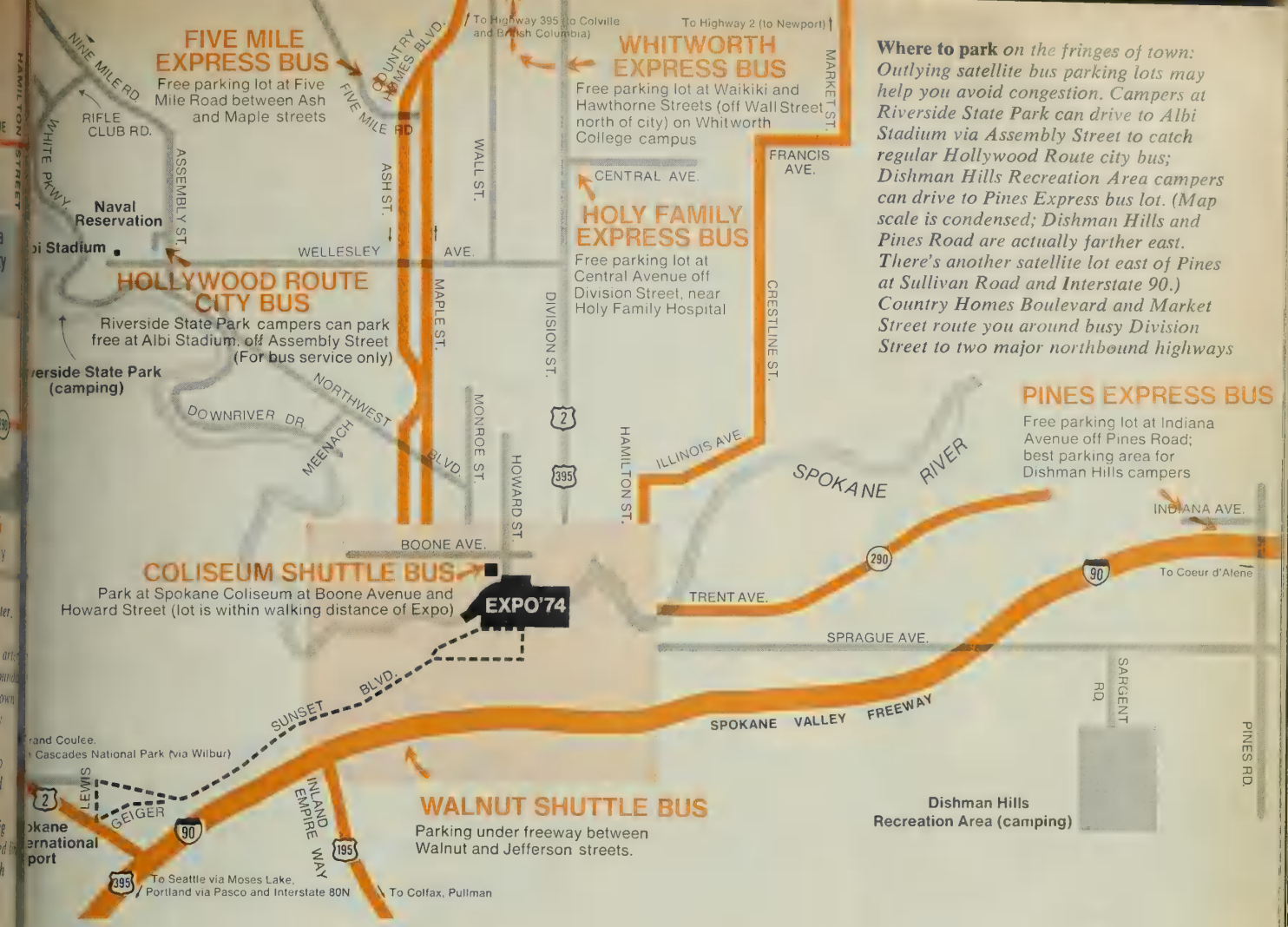
The 100-acre site straddles the Spokane River adjoining the center of town. Nine nations will have exhibits—led by the United States and the Soviet Union. Also at the fair: commercial and industrial exhibits, an amusement park, restaurants and snack bars, entertainments, art and cultural attractions.

Expo's theme is ecological, "Celebrating tomorrow's fresh, new environment," and exhibits will reflect the theme. Spokane has been touting its own environmental action, but it's more properly beautification: Expo has served to clean up the city's dilapidated old river front. The fair site's future will be as a large river park.

Getting there and getting around

Accommodations could be a major problem; you should not set out until you have a satisfactory room or campsite confirmation in hand. A clearing-house called Hospitality Services handles hotel, motel, dormitory, private home, and campsite accommodations within a rough 75-mile radius of Spokane. Write Box 1974, Spokane 99210, or telephone (509) 456-5590. (See page 46 of the November 1973 *Sunset* for reservation details; page 62 of the April 1974 issue tells how tour packages might help you get good rooms.) Close-in housing is tight for May, June, and July.

You can easily see all of Expo in two days as a short highlight of a longer trip through the Northwest. There's a *Sunset* book on each Northwest state and on western Canada, $1.95 each. *Sunset's Western Campsites 1974*, $2.95, can help if you want to camp. For detailed information on western Canada camping, fishing, and other activities, write for a free copy of *British Columbia Tourist*



Where to park *on the fringes of town: Outlying satellite bus parking lots may help you avoid congestion. Campers at Riverside State Park can drive to Albi Stadium via Assembly Street to catch regular Hollywood Route city bus; Dishman Hills Recreation Area campers can drive to Pines Express bus lot. (Map scale is condensed; Dishman Hills and Pines Road are actually farther east. There's another satellite lot east of Pines at Sullivan Road and Interstate 90.) Country Homes Boulevard and Market Street route you around busy Division Street to two major northbound highways*

Directory, 1974 (from British Columbia Dept. of Travel Industry, 100 Bush St., San Francisco 94104) and *Alberta 1974 Vacation Guide* (from Travel Alberta, 10255-104 Street, Edmonton, Canada).

Special Expo signs on Washington highways and selected Spokane streets guide you in and around while avoiding heavy traffic; recommended routes show in color on our maps. You may find it convenient to use the outlying express bus parking lots; the expresses run until 6:30 P.M., except Sundays. Regular city buses run daily until late evening.

If your accommodations are far from an express lot shown above, call Spokane Transit (327-3381) to find which city bus line is closest to you. On your return trip, catch any city bus—including express and shuttle buses—at downtown intersection of Howard and Riverside, two blocks from the Expo site. There are free bus-information phones here on the northeast and southwest corners.

You should have little trouble finding lodging en route outside the 75-mile Expo radius, but if you run into trouble you can consult Washington State Visitor Information centers in Blaine and Oroville at the Canadian border, Clarkston on the Idaho border, Vancouver and Megler on the Oregon border, at the Seattle/Tacoma airport, and in Greenacres just east of Spokane on Interstate Highway 90.

Nights are cool in Spokane. Days are moderate, with an average of 22 summer days over 90°. Rainfall is scant.

One sure-bet Expo hit will be the Folklife Festival, conceived by the Smithsonian Institution. Part of the festival area will have continuous presentations by plateau, coast, and plains Indians; the rest will be devoted to American heritage, Northwest industries, and ethnic American events. In addition, professional loggers, boatbuilders, and gold panners will be continually on the scene. Activities are visitor-oriented, and you can help with the work. As you enter you'll be given a sample related to the week's featured event—say, a rope knot during the maritime festival.

At right we list the changing special presentations featuring representatives and performers from major ethnic groups contributing to Northwest culture; you may want to time your trip for one that interests you.

A team of *Sunset* editors will be on hand for opening week; you'll see a full report in the June issue. □

Special weekly themes

May 4-5: Scottish
May 6-12: Ukrainian
May 13-19: Wood Week
May 20-26: North American Heritage
May 27-June 2: Maritime Festival
June 3-9: Dutch
June 10-16: Ranching
June 17-23: Afro-American
June 24-30: Scandinavian Festival
July 1-7: American Music Festival
July 8-14: Greek Festival
July 15-21: Japanese Summer Festival
July 22-28: Children/Old Timers Festival
July 29-Aug. 4: Basque Festival
Aug. 5-11: British Isles
Aug. 12-18: Homemaking
Aug. 19-25: Chinese Festival
Aug. 26-Sept. 2: American Music Festival
Sept. 3-8: Old-Fashioned Labor Day
Sept. 9-15: Harvest Festival
Sept. 16-22: Cowboys, Mountain Men
Sept. 23-29: Swiss, German, Austrian
Sept. 30-Oct. 6: Balkan Festival
Oct. 7-13: Railroads and Mining
Oct. 14-20: Italian Festival
Oct. 21-27: East Indian Festival
Oct. 28-Nov. 3: Halloween

Cook's discovery... Armenia in California

Delicatessens, bakeries, restaurants for tasting. Public picnics where you buy shish kebab, watch dancing, hear music. A grand family-friends picnic as the Armenians do it (page 94) or as you can do it (page 160)

NORMAN A. PLATE

Fresno *Shish kebab smoke fills air, old friends greet, people dance, and virtuoso Richard Hagopian, right, may even bring his oud. Armenians by the hundreds picnic like this in Fresno and other California communities. You can attend—see page 93*

GLENN CHRISTIANSEN

San Francisco

"Have a bird's nest." Haig Kilijian offers flaky pastry, other Armenian treats at Clement Street shop. On counter, from left: pistachios, pickled peppers, garbanzos, hommus, basturma, soujouk, cheeses, lahmejun. What are they, how to use, where to buy? Turn page

Los Angeles

They're trying Armenian specialties at Haji Baba's: rack of lamb, lamb shank, stuffed grape leaves, pilaf. More Armenian restaurants on next page

JOHN F. MARRIOTT

Somehow in our homogenizing country, the Armenians who've settled in California have managed to hold onto much Old World culture and traditions—their own religious celebrations, music, dance, language, an ancient 38-letter alphabet. Happily for all of us *odars**, the traditions very much include food.

Armenians take food seriously. Any list of favorite Western dishes includes their shish kebab, pilaf, and other specialties. For years, knowing travelers between Los Angeles and San Francisco have stopped off in Fresno—sort of Armenia, USA—for a meal or supplies of *peda* bread. You may have sampled typical dishes at one of the West's many Armenian restaurants.

But they have lots more foods and food ideas to discover.

At Armenian bakeries and delicatessens, you can buy things for everyday use or entertaining. Also you can meet Armenians and their food at one of their festive summer picnics. And even if you don't live near Armenians, you can use our recipes to put on a grand Armenian-style picnic of your own.

But where is Armenia?

Although never numbering much more than 100,000 in California, Armenians have played an important part in the state's farming, literature, entertainment, politics. But few Westerners know much about the people's background.

Look on a modern map and you'll find Armenia only as a small republic in the USSR, bordering eastern Turkey and Iran. But look on a map of the Roman Empire (A.D. 120) and you'll see Armenia stretching from the Caspian Sea to the Black Sea and containing much of present-day Turkey.

Homeland for the ancient Armenians was a dry, rocky, high plateau (5,000 to 6,000 feet) centered around Mount Ararat. It was more or less a crossroads of Europe, Asia, and Africa—influences you can taste in the food, hear in the music, see in the people's appearance.

A series of conquests—first by the

*non-Armenians

Persians, then the Byzantines, the Ottomans, and others—reduced the size of the country and pushed the people all over the map. Armenia adopted Christianity in about the year 300, which didn't help in that Moslem part of the world.

Over the centuries many Armenians left the homeland and transplanted their whole culture to neighboring countries such as Syria and Lebanon, also farther away to Europe, South America, even Australia. The first Armenians to transplant into Western America were Hagop and Garabed Seropian. Looking for a hot, dry place like home, the two brothers found it in 1881—Fresno.

During the next 30 or so years, thousands more Armenians joined the Seropians. Many came to escape one of the worst mass sufferings in all of history, the massacre of hundreds of thousands of Armenians living in Turkey.

In California, Armenians found it even easier to raise the crops they depended on. They grew grapes, figs, wheat, and eggplant. They introduced their own varieties of melons, cucumbers, and peppers, and their ways with yogurt and cheese. They did well.

Many moved elsewhere in the state. Today more than a third of all the Armenians in the United States live in California. Perhaps 18,000 live in and around Fresno. Los Angeles has the largest Armenian population in the country, about 65,000. About 8,000 to 10,00 live in the San Francisco Bay Area.

Food discoveries: breads to desserts

You may find a few Armenian specialties where you shop. But the best place to discover the rich Middle Eastern food heritage of the Armenians is one of their own markets listed below.

Your first shopping trip might be to buy some ready-to-serve foods for appetizers or dessert. But most of these same foods are also delicious for lunch (many shops have a few tables and chairs) or a picnic.

Armenian breads. Look for three main kinds, each quite different, all delicious. *Peda* (*pea*-dah), the basic yeast bread, is 1 to 2 inches thick, made in a variety of sizes and shapes. Split it to put shish kebabs or hamburgers inside.

Lahvosh (*lah*-vash), thin, crisp cracker bread, is sold in very big (up to 2 fe fragile rounds. It can keep for weel To wrap around cheese or meat for a petizers, first soften by sprinkling bo sides with water and wrapping in a tow for 10 to 15 minutes.

Arabic bread is chewy, flat, roun with a pocket inside, ideal for all kin of sandwiches. Or cut into wedges.

Bread snacks. Some places sell frozen fresh baked *lahmejun* (lah-ma-*joon*)- Armenian-style pizza made with grou lamb. To reheat: place pairs of lahm jun, meat surfaces together, on pan a bake in a 450° oven for 5 to 7 minut Snip apart with scissors for appetizers.

Beoregs (boor-regs) or *boraks* may any of a variety of cheese-filled (som times meat-filled) turnovers made flaky pastry or dough; serve hot.

Cheoreg (choor-reg) is the basic swe yeast roll, often in a twist. *Katah* or *ga* is a flaky, multi-layer coffee cake; kat with *koritz* has streusel filling.

Armenian cheeses. You may see thr kinds of white, mild cheese, most of made in Fresno or around Los Angele

Where to find Armenia-in-California

Wherever a good number of Armenians live, look for where they buy their food. Following is a selection of delicatessens, bakeries, and restaurants that specialize in Armenian foods.

Los Angeles and vicinity

American Armenian Grocery and Bakery, 1442 E. Washington Blvd., Pasadena; (213) 798-0166. Makes peda bread, lahmejun, paklava, yogurt; complete delicatessen.

Armenian Bakery, 1286 S. Duncan Ave.; 269-5905. Bakes peda and sheepherder bread Tuesday through Saturday, paklava and katah Friday and Saturday. Next-door meat market (263-3577) has basturma, marinated lamb for shish kebab on order.

Bezjian's Grocery, 4725 Santa Monica Blvd.; 663-1503. Full line of imported groceries. Makes own breads, pastries, frozen prepared foods such as beoreg, kufte (stuffed meat balls).

Danaian Lamajune Bakery, 1108 N. Kenmore Ave.; 664-8842. Makes lahmejun, beoreg; carries some cheese, grocery items.

Heller's Bakery, 1776 E. Washington Blvd., Pasadena; 681-5367. Lahmejun and Arabic bread baked daily.

Haji Baba's Armenian Restaurant, 1730 Centinela Ave. (at La Cienega), Inglewood; 776-3244. Lunch, dinner in attractive Middle Eastern atmosphere. Specialties are shish kebab, rack of lamb, "Hajiburgers."

Kabakian's Restaurant and Bakery, 476 E. Colorado Blvd., downtown Pasadena; 684-2551. Three Kabakian brothers offer varied menu of authentic Armenian and Lebanese entrées, all available for take-out. Their breads, pastries in adjacent bake shop.

Mary's Bakery, 5703 E. Beverly Blvd., East Los Angeles; 722-0911. Mary hand-shapes extra-thin, crisp cracker bread and big oval loaves of peda. Other specialties: paklava, streusel-filled katah.

Partamian's Bakery, 5410 W. Adams Blvd.; 937-2870. Bakes own lahmejun, peda bread, pastries; fairly complete line of groceries, cheese, delicatessen items.

Other sources of Armenian foods: Arakelian's International Grocery, 4820 Santa Monica Blvd., and Sevan Imported Groceries, 731 N. Western Ave., both in Hollywood; Hye Neighbor Market, 14524 Lanark St., and Valley Hye, 14849 Burbank Blvd., both in Van Nuys; Jacque's Continental Foods, 4861 Topanga Canyon Blvd., Woodland Hills; Kasper's Market, 11801 E. Whittier Blvd., Whittier.

Fresno

Balian's Armenian Foods, 1069 E. Shaw Ave.; (209) 224-4700. Complete delicatessen also serves meals; prepared foods to take out. Makes own pastries, stuffed grape leaves, shish kebab, other specialties.

Hye Quality Bakery, 537 L St.; 266-1025. The Ganimians, father and son, bake lahvosh in variety—white or whole wheat, light, medium, or dark. Also peda bread. Mail order for lahvosh. (Name is insider's joke: "Hye" means Armenian.)

Rustigan's Iran Restaurant, Tulare and U streets; 266-3488. Armenian and American food; lunch and dinner.

Socko's Restaurant, 3034 N. Blackstone Ave.; 222-3767. Fifteen Armenian dishes on dinner menu. Lunch also.

Stanley's of Fresno, 1310 Van Ness Ave.; 233-6608. Downtown restaurant with menu almost entirely of Armenian specialties, recipes from the Stanley Kooyumjian family. Lunch only. Delicatessen and take-out foods.

Stanley's on Shaw, 1713 E. Shaw Ave.; 222-3771. New suburban restaurant, menu similar to downtown's. Lunch, dinner.

Valley Bakery, 502 M St.; 264-9254. Sam Saghatelian has been baking renowned peda since 1924. Lahvosh by mail order.

San Francisco and East Bay

The Armenian Village, 1593 Solano Ave., Berkeley; 524-7838. Small, family-oriented restaurant. Lunch special: lahmejun with soup or salad. Dinner entrées include keyma kebab (ground lamb on skewer), kufte (stuffed meat balls).

Bali's Restaurant, 615 Sansome St., S.F.; 982-5059. Complete Armenian dinners Tuesday through Saturday with either rack of lamb or shish kebab.

Haig's Delicacies, 642 Clement St., S.F.; 752-6283. Full line of Middle Eastern groceries, delicatessen items, frozen prepared foods; makes own lahmejun.

House of Coffee, 1846 Irving St., S.F.; 681-9363. Besides coffee, sells Middle Eastern groceries, spices, nuts; some cheese, breads.

Istanbul Pastries and Imported Food, 900 North Point (in Ghirardelli Square), S.F.; 441-7740. Bakes own pastries; also has cheese, groceries.

Omar Khayyam's Restaurant (George Mardikian's), downtown corner O'Farrell and Powell streets, S.F.; 781-1010. Featured dinner entrées include patlijan à la Omar (braised lamb over eggplant), kouzou kazartma (baked lamb shanks).

G. R. Ratto International Grocers, 821 Washington St., Oakland; 832-6503. Wide selection of cheese, delicatessen items, bulk grains, spices, coffee, wine, breads, imported cookware in Old World setting.

Tycoon Mediterranean Restaurant, 4012 Geary Blvd., S.F.; 387-9600. Mostly Armenian menu for dinner.

String cheese (*tel baneer*) is a mozzarella type that pulls apart in strands. Some say it tastes like turkey, perhaps because of the stringy texture. *Koch* (coach) cheese is fresh curd type made from whole milk. Basket cheese (often called by the Italian name, *tuma*) is formed into a round shape in a basket. It's fresh and mild, a good dessert cheese.

Appetizers. Called *mezze* by Armenians, you can serve these foods along with a selection of breads and cheeses before a picnic or other meal. Enough of them can make a whole meal.

Tourshee are fresh vegetables pickled in brine and sold in jars. Look for pickled mixed vegetables, goota cucumbers, peppers, and green tomatoes. Serve well chilled.

Armenian delicatessens may carry four to six kinds of brine-cured Middle Eastern-style olives, both green and black. Some are dry, others packed in olive oil, some have added seasonings.

Two words you'll see often: *Sarma* means to wrap, and *dolma* to stuff or fill. *Yalanchi sarma* are grape leaves wrapped around rice filling. Vegetables such as green peppers, zucchini, and eggplant stuffed with meat are the usual dolmas.

Look for two kinds of spicy dried meat. Although expensive ($3.50 to $5 a pound), both are sliced paper-thin, so a little goes a long way. *Soujouk* (*sue*-jewk) is a ground beef sausage something like salami. *Basturma* is dried beef that might be described as Armenian jerky.

For a delicious appetizer dip, buy a can of *hommus* (*home*-muss), a spread made of garbanzos and sesame paste (a recipe for serving it is on page 208).

Desserts. Sweet-lovers will appreciate the flaky Armenian pastries served with honey or sugar syrup. One or more of these can be found at almost every Armenian food store: *Paklava* (*pah*-clah-vah) is made with papery sheets of dough, stacked in many buttery layers with nut filling. *Boorma* is much the same, but made into cylinders by shaping the dough around a broom stick. *Kadayif* has dough resembling shredded wheat, layered in a pan, with sweet cinnamon-nut filling.

Kurabia is a rich butter cooky, heavily coated with powdered sugar. *Lockum* (*low*-khum), also called Turkish delight, is a pistachio-filled confection rolled in powdered sugar.

Quince and rose petal preserves are popular and good. For dessert or a snack with tea, try either one served with basket or koch cheese (or jack), tucked inside wedges of Arabic bread.

Arabic coffee in demitasse cups—what better way to end an Armenian-style meal? This pulverized (or Turkish) coffee is usually made in a small pot with long handle; it's called a jezve. Or use any small pot. For each serving, measure 1 rounded teaspoon *each* pulverized coffee and sugar in the pot with a demitasse cup cold water. Bring to boiling, stirring; stop stirring and allow froth to form, then lift off heat before coffee boils over. Repeat this boiling to a froth twice more, then serve, spooning some of the froth into each cup.

Breads, cheeses, sweets, *mezze* . . . what you do with the shopping treasures

JOHN F. MARRIOTT

Armenian breads *at the source—Mary's Bakery in Los Angeles. Big round is crispy lahvosh; shatter and eat like crackers, or soften and fold it. Oblong is peda bread, versatile yeast loaf*

GLENN CHRISTIANSEN

All foods *on picnic table came from Armenian delicatessen. Lahvosh in foreground. Then clockwise: olives and pickled vegetables in jars, stack of string cheese, stuffed grape leaves*

Join the fun at an Armenian picnic

Armenians are masters of the art of the picnic. Each summer churches and other groups put on numbers of traditional gatherings with plenty of good food and good fun. Some are open to the public.

Most picnics offer a similar menu: shish kebabs, Armenian-style hamburgers (ground lamb, much parsley), rice or wheat pilaf rich with butter, peda bread, green salad, sometimes *keyma* (made with raw beef). Cost is about $4 to $5 for shish kebab dinner, about $3 for shish kebab sandwich lunch.

Usually a band plays spirited Armenian music with a catchy over-and-over sound akin to Greek or Israeli music. It's music to dance to. Men born in the Old World seem to favor solo style, while girls in jeans do line dances with everyone linking little fingers.

In Fresno two main picnics accompany the annual Blessing of the Grapes, a colorful religious ceremony that dates back a thousand years. Members of the two Armenian apostolic orthodox churches do not eat grapes until they're blessed.

Below are a few of the larger Armenian picnics that you're welcome to attend. Most start serving food about noon, continue into early evening. Call ahead to let the sponsors know you're coming.

Los Angeles, May 27 (Memorial Day), at United Armenian Congregational Church, 3480 Cahuenga Blvd. West, Hollywood; (213) 851-5265.

San Jose, July 14, at the family picnic

Shishing *the kebabs. Helping hands put hunks of lamb on some skewers, eggplant, peppers, tomatoes on others*

GLENN CHRISTIANSEN

Another cook *heats "je-hezz," mixture of dried fruits, almonds. It will go on pilaf*

The picnic feast *hot off the grill. Use peda bread to slip hot kebabs off skewer, soak up meat juice. Also have some green salad, vegetable kebabs, fruit-topped pilaf, yogurt sauce*

We watch Armenians entertain Armenians in Griffith Park in Los Angeles

area of the Santa Clara County Fairgrounds, 344 Tully Rd. Sponsored by the Armenian Apostolic Church of Santa Clara Valley; telephone Mrs. Thomas Derderian, (408) 356-9550.

Los Angeles, July 21, at St. James Armenian Church, 4950 W. Slauson Ave.; (213) 295-4588.

Fresno, August 11, County Fairgrounds, 1121 Chance Ave. Sponsored by St. Paul Armenian Church; (209) 264-2854.

Fresno, August 18, fairgrounds. Sponsored by Holy Trinity Armenian Apostolic Church; (209) 486-1141.

Glendale, September 2 (Labor Day), Verdugo Park, 1521 Canada Blvd. Sponsored by Armenian General Benevolent Union; (213) 461-4371.

Sharing the secrets of a picnic feast

We were guests at the picnic shown here. Several Armenian families and friends, about 40 in all, gathered in Los Angeles's Griffith Park a few weeks ago to enjoy a day of relaxed picnicking on some of their favorite foods.

It was a triumph of cooking, but also of planning and logistics.

Different groups each brought a part of the cooperative picnic, and joined in final preparations at the park. Some people strung cubes of marinated lamb on skewers. Others cut eggplant and peppers in chunks and put them on skewers.

Meanwhile, others were tending the barbecue fire, mixing the salad of fresh vegetables and greens, and setting the tables. One family had baked the rice pilaf at home; they took it from the oven and wrapped it well in many layers of newspapers just before they left for the picnic. It stayed hot until serving time.

Another group set out a table of appetizers, called *mezze*. It needed little preparation because most of the foods had been purchased at an Armenian delicatessen.

And the dessert table was also arranged; loosely covered, the foods could wait for several hours.

By the time the shish kebabs and vegetables went onto the grill the picnic was underway with everyone helping himself to appetizers. One final job was warming the dried fruits and almonds on the side of the grill; the mixture was strewn over the rice pilaf just before the hot foods were served.

The menu was carefully planned by accomplished cooks who had made these dishes many times before. They gladly shared their recipes, so we've duplicated the menu on a smaller scale. We think it's a meal your family might enjoy at home on the patio or on a picnic. The recipes and details are on page 160. □

Turn to page 160 for a picnic plan which we'll call "Armenia at your house"

National pastime *of Armenia? Any picnic includes tavloo (Armenian name for backgammon) along with some friendly kibitzing*

Arabic coffee *made in a jezve over the coals goes with collection of desserts. Choose from: fruit basket, red quince preserves and basket cheese to eat with wedges of Arabic bread, flaky paklava and boorma pastries (with extra syrup in pitcher), sugar-coated lockum*

How this Seattle gardener stages a flower show that blossoms for half a year

Color starts around mid-May in this Seattle garden, and continues unabated until frosts in November. The most spectacular display—the result of careful planning—is the one you see at right. Several dozen pots of flowering plants line the concrete steps leading from a patio to a higher garden level.

The mainstays of the tiered display are three different marigolds (yellow, orange, and orange-red), three geraniums (orange-red, white, and a pink ivy form), and blue lobelia that cascades down the face of the retaining wall that flanks the steps and patio. All can be planted this month for summer bloom.

Complementing the flowering plants are a variety of foliage fillers such as gray-leaf dusty miller, small-leaf English ivy, and crispy-looking sedums. There are also pots of lush celery, cut and used for garnish, and strawberries. Three large pots at the top of the steps contain mixed plantings of geraniums, lobelia, ivy, and nemesia.

A major remodeling project created the patio and steps in this small garden (70 by 120 feet). The flower show can be seen from the dining room, den, and living room. Vertical display of grouped plants is an idea usable in most any garden. Lacking steps, you could build a stepped-back stand of wood, freestanding or attached to a fence or house wall.

The effectiveness of container color combinations is also seen along the front walk (below), where white geraniums are mixed with dusty miller and underplanted with trailing blue lobelia that conceals the pots and spills out over the walk. Window boxes, too, contain several different kinds of plants (below, left).

Landscape architect R. David Adams designed the garden remodel and planted all the containers the first year. The second year, owner Gene Potter and his son took over, reusing color schemes that had worked out and trying some new ones. The secret is to start plants off in a good potting mix; don't let them dry out, feed them almost weekly from the time blooms start straight through the flowering season, and keep faded blossoms picked off. □

View down *into new walled patio; dining room is through open doors in background*

Window box *outside living room contains upright dusty miller, trailing lobelia and Lotus berthelotii*

Mixed *plantings of white geraniums, dusty miller, blue lobelia sit in pots at base of trellis supports along entry walk*

DON NORMARK

On these six pages we present ideas, case histories, achievements for you to study if you have a small bathroom that needs doing over.

The baths in this article were not expensive (considering today's skyrocketing costs), but still ran from $2,000 to $5,000. In most cases, the owners did some of the work.

The antiseptic look was out. Color was welcomed—fabric color, tile color, wood color, art color. Wood was especially useful; all of the baths brought in wood to give warmth and texture. You'll see it used on the walls, in cabinets, ledges, and sometimes towel racks.

The baths were opened up with generous new windows and sometimes skylights. The bath on page 100 has a bubble window next to the tub. The Turnbulls' bath (page 102) has skylights in the ceilings so they can stand up and look around in the morning. The light lets plants luxuriate in the high humidity.

The woody bathroom on the left looks out on a narrow side yard. The lot line fence is only 4 feet away. Vines traveling up fishline outside the windows and pale amber glass combine to ensure privacy. The standard tub is sheathed with wood, adding an open planter box at one end to hold potted plants.

The two sinks provide multiple use for a family of three. This bathroom was designed by architect Mark Mills of Carmel.

The bath below opens up to the sky with a 4 by 6-foot plastic skylight. A standard tub and glass-walled shower stall are on the left. Cabinets made of overlaid plywood are oiled, sealed with urethane, and trimmed with walnut. They house a sink, roll-out hamper, cupboards, and 10 drawers.

The skylight exterior can be hosed down from the roof; the inside is cleaned by hand. This bath is in an 1897 house, already remodeled once when the "before" photograph below was taken. Architect of the newest remodel was Bruce Wendell Beebe, San Francisco, for the Marcus S. Sophers.

Both these bathrooms, in their earlier versions, date back to the 1930's. Fixtures projected into the rooms, the light level was low, storage was either limited or

GLENN CHRISTIANSEN

Before: *Typical 1936 bath, above, has one place to put things—a wall-hung medicine cabinet.*
After: *Owner-built oak units, left, give storage on wall, and below sinks. Room size: 7½ by 10 feet*

JEREMIAH O. BRAGSTAD

Before: *Bath from the 30's has dinky window, improvised storage.*
After: *Window is covered up and ceiling opened with large skylight; ventilation, at top right, is over a tall cupboard. Room size: 8 by 9 feet*

DARROW M. WATT

nonexistent. Efficiency and cleanliness were the catchwords for that antiseptic era of bathroom design. Little thought was given to space for cosmetics, electric shavers, styling brushes, reading material, or electric dental appliances, let alone linens and tissue.

Sometimes there isn't space to keep essential fixtures in the same room. Victorian privacy called for the compartmentalized bathroom, and it's still a surprisingly effective way to organize some baths. Separating the functions can let several family members use the same spaces simultaneously. Compartment examples are shown on pages 102 and 103.

Expense in remodeling a bathroom comes when the toilet and sink must be moved beyond reach of the existing plumbing and waste lines. It's also costly to break through or remove a wall where plumbing lines or vents must be rerouted. Early in your planning it is wise to call in an architect, plumbing contractor, or other skilled help.

Building codes vary from area to area, but they are explicit as to what is or isn't allowed. Consult them early in the remodeling discussions.

Choice of materials is critical. Fixtures should be selected with care given to costs (you may want to recycle old pieces). Obtain a realistic estimate of fixture availability; after ordering new fixtures there may be a long wait for delivery. The owners of the bath on page 98 waited seven months for their tub, sinks, and toilet.

Estimate as best as possible how much time the remodel will take to complete. Especially figure how long you might be without water. Or have neighbors as friendly as those of the Rosses who went next door to use the bathroom for almost a month.

Bubble window *rim projects about 8 inches, just enough space for a 6-year-old to stand up on and be towel-dried. The bubble (4½ feet in diameter) cost about $125*
DARROW M. WATT

They poked a grand hole in the bathroom wall

Another way to open up the bath is to cut a hole in the wall. Although this 7 by 9-foot bathroom (containing toilet and tub) is newly constructed, the idea of completely surrounding a large tub with three walls and adding a bubble window could easily be applied to a remodel with similar smallish dimensions. Sinks are in a dressing room.

This bathroom was designed for a Marin County family by architects Burger and Coplans, Oakland. The owner relates, "Our ideas for a bath developed when we were in Japan. When we returned we were convinced that we had to have a bath big enough for two plus a vista into the trees."

In keeping with the circle of the bubble window, the architects designed a curved cedar wall. The cedar (sealed to prevent moisture damage) is nailed to ¼-inch plywood sheets curved at the corners.

First step in construction of the tub was the building of a shaped frame. It was covered with ¼-inch plywood. Then a metal pan, hot asphalt-mopped roofing felt, and chicken wire were added. Mortar covered the wire and formed the base for tiny mosaics sold in 12-inch squares. Colored grout was applied to finish the tub.

Architect Patricia Coplans says, "I think people are getting the idea of not having any enclosure around the tub. It is so restrictive visually and a nuisance to clean. Shower curtains aren't necessary, if the tub is large enough."

NORMAN A. PLATE

Before *(below): Shower stall on left was removed as was the built-in chest on outside wall.* **After** *(above): Space under house and low drainage lines allowed the tub to be recessed and placed against new window wall*

HAL ROSS

They lowered the bathtub, gave it a garden window wall

Typical of small Spanish-style beach houses built in the 20's, this bath in Belmont Shores, Long Beach, was only 3 feet from the lot line. Owners Mr. and Mrs. Hal Ross worked with designer Norman Oliver, Sonoma, California, to open up the bathroom by removing the constricting shower stall and relocating the bathtub just inside a new glass wall.

The owners obtained a variance from the city to construct an 8-foot fence outside instead of adhering to the 6-foot height limitation in the area.

Plants are beginning to fill in the narrow outside space between the window and the fence. Outdoor lighting installed above and below shows off this greenery and extends the room visually at night.

In keeping with the style of the house, a new arch opens to the tub. Glazed tiles trim the arch and the towel niche beside it. Unglazed Mexican terra cotta tiles cover the floor.

The cabinet on the left was designed and constructed by Mr. Oliver from teak, a good wood for resisting moisture.

Mr. Ross says, "We did most of the work ourselves and became very familiar with our neighbor's baths since we were without facilities for over a month. We did our own plumbing and sometimes during construction we wondered if we would ever finish. If I had it to do all over again I think we would have brought in a plumber who could have done it faster."

This compartmentalized bathroom started with incredible handicaps. It began with a single toilet and wash basin at the top of the front stairs in the oldest house in Sausalito, California. Since the house is a city-designated landmark (built in 1869), major exterior alterations were not desired.

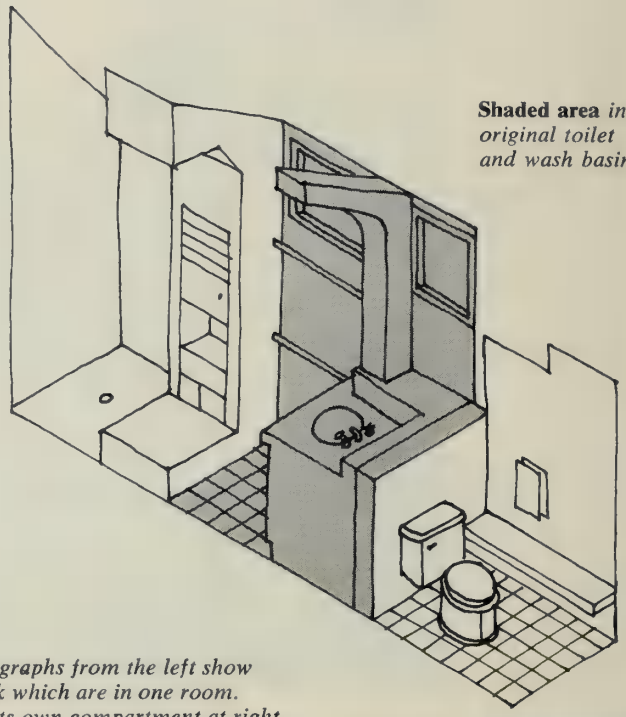
The owners—architect William Turnbull, his wife Wendy, and two girls aged two and four years—needed to create, somehow, a family bathroom. They solved the problem by borrowing space from a closet to the left of the original toilet and from a bedroom closet to the right. They gained head room in the shower and light in the toilet compartment with flat glass skylights.

The new shower has a deep metal pan that makes a shallow tub for bathing the children. The original heating ducts are in the ceiling arch.

To save costs, they used existing plumbing whenever possible. The old toilet was moved to the right into a new comp ment by itself. Storage for towels other bath articles is tucked into re made Finnish plastic boxes recesse the wall leading to the shower.

Wendy Turnbull says, "Doing over bath was like a jigsaw puzzle. Every kept shaking his head at the idea, but whole system really works. I love skylights. There's nothing more glor than taking a shower under the sky, moon, even in heavy weather."

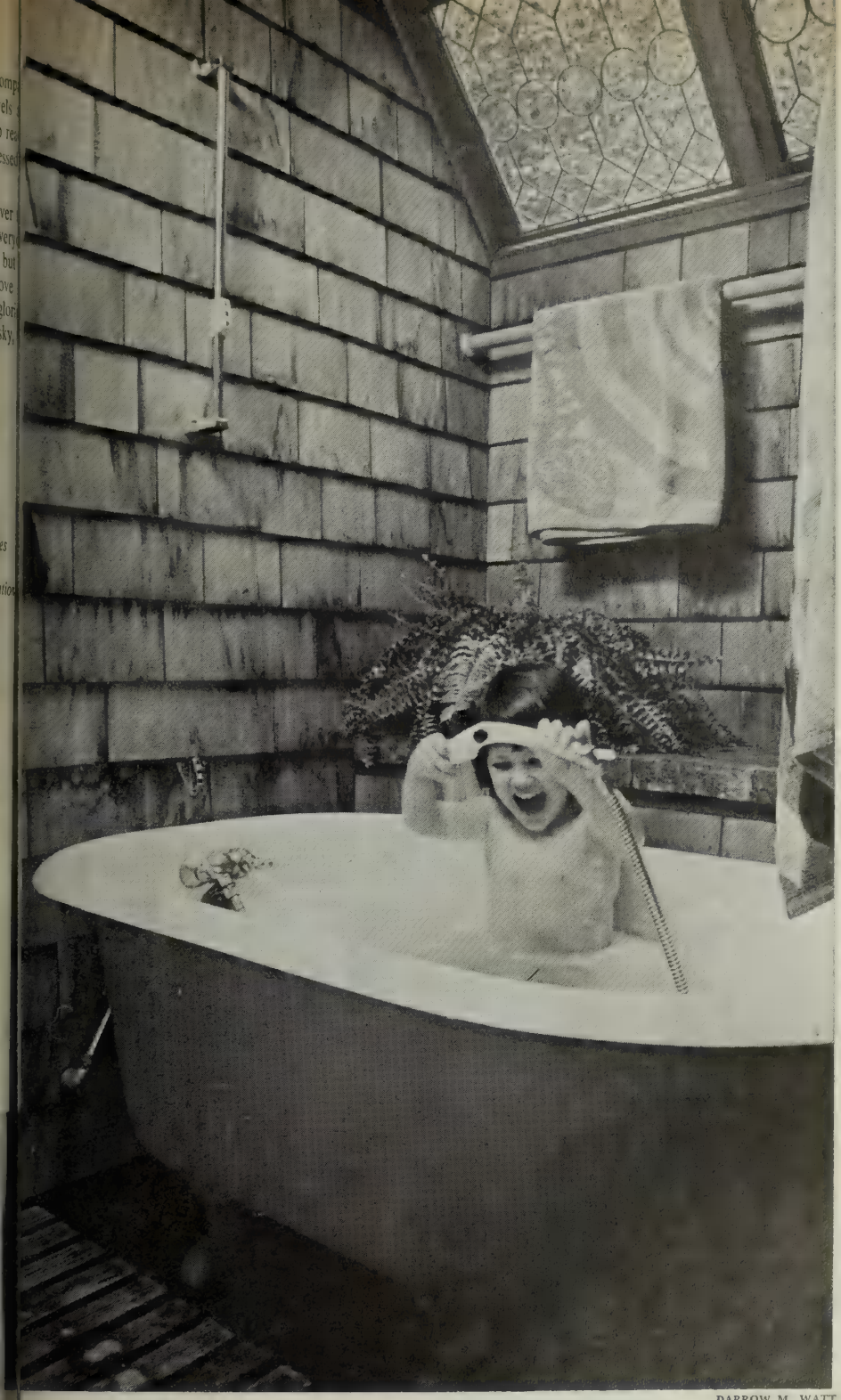
In the oldest house in Sausalito ... a new small bath in compartments



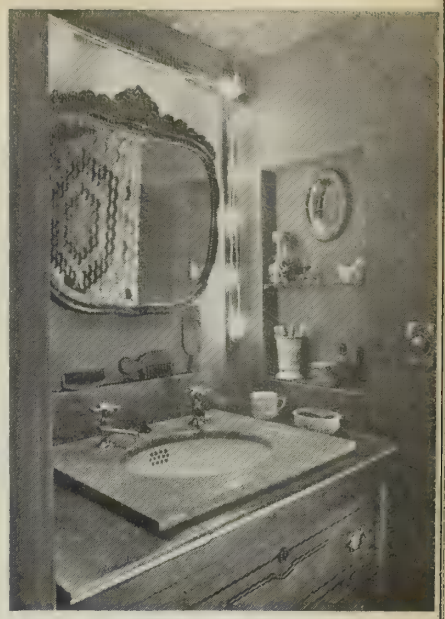
Shaded area *indicates original toilet and wash basin locatio*

GLENN CHRISTIANSEN

First two *photographs from the left show shower and sink which are in one room. The toilet has its own compartment at right*

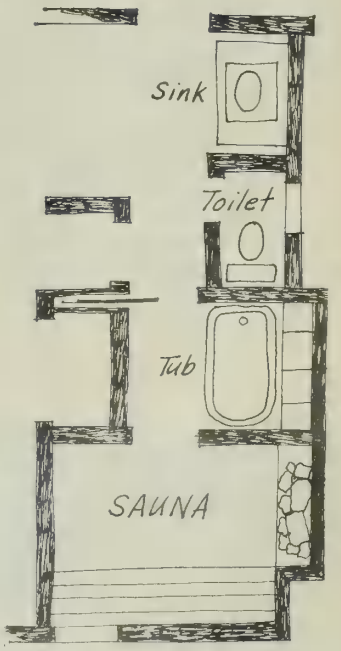


DARROW M. WATT



Marble-surrounded *sink is mounted on old chest. Drawer was cut to fit around plumbing*

Duckboard *floor sections in both tub and sauna compartments have drains beneath to carry off water*



A linear bath ... separate space for each activity

A shallow lot line directed the spaces and shape of this bathroom. The Richard Ehrenberger family of three needed privacy for each bathroom activity: sink, toilet, tub, and sauna. By stringing them out in a linear fashion (see sketch above) they created separate spaces which can be used privately at the same time.

The toilet is recycled, as is the 1868 tub (its date is stamped on the bottom). The deep, 3½-foot-long tub seen above is marvelous for soaking; it allows water to come up under your chin. Of course, if you're 6 feet tall, your knees stick out. A movable shower head helps with shampooing, and rinsing the tub. The bay beside the tub allows room for a convenient ledge. The leaded glass window is at an angle to provide privacy and bring light down to the tub.

This bathroom was designed by architect-owner Richard Ehrenberger of Berkeley. His wife Barbara says, "First my husband recycled the house (it was moved to the site several years ago on a super-large moving truck (see the September 1972 issue of *Sunset*). And now he is recycling everything in it."

What will vegetable gardeners think of next?

Here are seven examples of gardeners' ingenuity at work. Not surprisingly, most are ways to manage the arid West's "precious liquid"

Maybe you've noticed the same things we have about the current breed of vegetable gardeners. They're discovering ways to make their gardens more productive, more interesting to look at, and more pleasant to be in. On these pages you can visit vegetable gardens that in one way or another demonstrate some of this new thinking.

One big reason for the new look in vegetable gardens is simply the increased popularity of growing your own food. It has given Westerners more practice and brought a greater number of clever minds into the activity.

Another reason is that irrigation is so vital in the dry-summ West that nature forces watering resourcefulness on us. Mo gardens shown here include ways to distribute the precio liquid more easily, make it last longer, and do its job better.

And still another reason why many vegetable gardens a looking different these days is the big way that the Fren intensive growing method has been received in the West. I the scheme by which you grow vegetables cheek-by-jowl organically super-enriched mounds, rather than in milita rows. You'll see examples here.

GERALD R. FREDRICK

1· Islands for plants, slalom for the hose

This food garden in Santa Cruz, California, was only three and a half months old when photographed. Durin the previous winter, Herb and Michelle Schmitt laid out paths running from their back porch to the little tool shed. The paths made planting islands, and th Schmitts built them up by digging in blood meal, bone meal, manure, and mushroom compost two spades deep.

The French intensive planting was done in late March. The marine climate in Santa Cruz let this garden grow cool-season crops in summer.

The photograph immediately to the left shows the slalom course that keeps the hose on the paths and away from the plants. The photograph at far left shows the strawberries, artichokes, tool shed, parsley, and peas.

2· *Raised beds for looks and for supersoil*

Gary I. Cohn, also in Santa Cruz, had soil that drained water poorly. So he built the raised beds you see here, filled them three-quarters full with quality topsoil from a dealer, and dug in large amounts of composted redwood sawdust, steer manure, and peat moss.

The new soil not only takes in water fast but holds it well, too. Mr. Cohn has to water only once a week. In this photograph you can see some of his bountiful crops. There is a row of bush beans in two beds. The rear bed contains three dwarf fruit trees and a row of carrots. The corrugated plastic trim strips around the sides of the garden are only for appearance.

3· *Salad bowl garden... how to keep it cool*

In March, 1973, Mrs. Janet Curphey of Sunnyvale, California, planted what she called a salad bowl in part of her vegetable garden. It contained celery, chives, head lettuce, leaf lettuce, Romaine, and 'Sweet Spanish' onions.

By May 1 she became concerned about the way the midday heat made the lettuce plants wilt. So she put up the double layer of cheesecloth you see in the photograph. There was no more wilting and she didn't lose a plant to bolting (fast formation of a central stalk that forms flowers and then sets seeds).

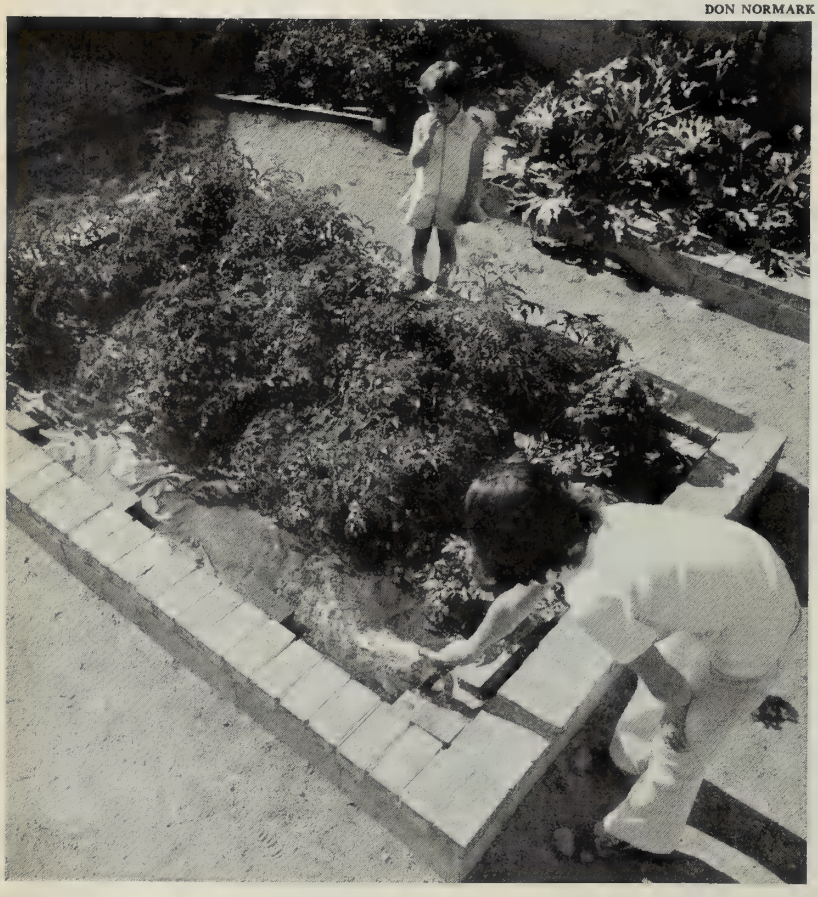
DAVE CAVENDER

4· A path of 106 used bricks . . . dry feet now

One of the minor vexations of vegetable gardening is when a foot slips into fresh squishy mud after an irrigation. The raised beds shown on these pages are just one way to avoid muddy feet. Another is shown here—the quickly made path of bricks.

If you cultivate the entire vegetable plot, lay the brick walk after you rake the ground smooth. That's what was done here between corn and tomatoes in the garden of Marie A. Phillips, Burbank, California. If you hand-dig individual beds, as for French intensive planting, you can make the walks in advance and leave them indefinitely.

DON NORMARK



5· The plumbing is built in

Tom Sacra grows vegetables the year around in Tucson. In the hot Arizona summers, he depends on raised beds for quite a different reason than the coastal California gardener you met in garden 2.

In each of his raised beds, Mr. Sacra installed a water faucet. To water a bed, Mr. or Mrs. Sacra just turns on the faucet and lets it run until water flows over the entire surface to 1 inch deep.

Black plastic film in each bed retains soil moisture and prevents weeds. Water gets through the plastic mostly via the holes in which the plants were planted. Loose bricks on top of the film prevent wind from lifting and moving it. In this fashion, the Sacras grow pole beans, corn, okra, tomatoes, zucchini, and crookneck squash.

DARROW M. WATT

7· *Straw saves water, smells sweet and rural*

In Cupertino, California, the Gary Peterson family cropped ⅛ acre last year. Their contribution to this article was the straw mulch they put down around plants and between rows. The idea is not new, but they began using straw just when plastic film was beginning to seem the universal water-conserving, weed-defeating mulch (see gardens 5 and 6).

Straw does those things plus more. It smells sweet and rural—delighting your latent peasant responses. Also, when the season is over, straw can be tilled back into the soil to help make it more aerified next year.

The Petersons used eight bales of straw to put a 4-inch-deep mulch over 5,400 square feet.

6· *"I couldn't have done it without black plastic"*

In the 21 by 180-foot vegetable plot on the flat, terraced part of this garden, Mrs. F. R. Corbett of Lake Oswego, Oregon, planted and grew 51 kinds and varieties of vegetables between March and October last year (11 of them were in the onion-chive-leek-shallot family).

Last year was her first season of gardening on this site. She began by mixing 8 yards of mushroom compost into the soil. Her crops were bounteous and her enthusiasm matched them.

"I never could have handled this size garden without the black plastic mulch between the rows.

"The edible pod snow peas were unbelievable. From four rows planted in March, I picked 50 pounds every other day in June and July—all we could eat and I froze 132 quarts.

"Fantastic yields from 'Romano' beans, planted in May. I'm going to forget 'Blue Lake' beans next year. 'Romanos' are superior in many ways."

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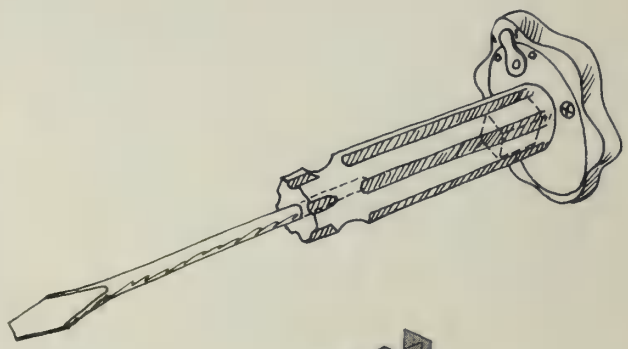
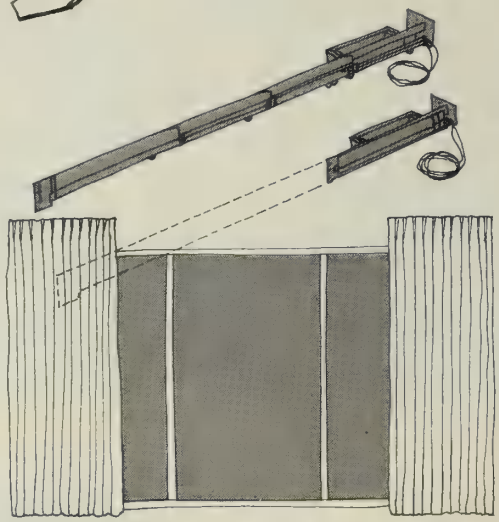
The set of two screwdrivers and the drive grip is available from Lancor Distributors, 3536 Crocker Rd., Eugene, Ore. 97404, for $5.75.



Out-of-sight drapery rods

A new kind of drapery rod telescopes in and out with your draperies so it's always hidden behind them. The drawing at left shows how a window can look using it instead of conventional traverse rods or valances.

The well-engineered steel and nylon unit called Invis-o-trak is sold in four sizes—from about 2 feet to 6 feet when extended by a nylon pull cord. It will support all but the heaviest of draperies. The manufacturer recommends 1 pound of drapery per foot in the extended position (a 6-foot extension can hold 6 pounds of draperies). The rods can be adjusted laterally, horizontally, and vertically on their mounting plates. The units are made by Tridair Industries of Redondo Beach, California, and are available at drapery shops for about $25 to $35 each.



DARROW M. WATT

In and around the trees

There's more than one way to cope with trees when building a house. Pictured at left is a glass tree well in the second-floor master bedroom of the James Crocketts' house in Portola Valley, California. Downstairs a similar well greets guests as they enter what neighbors call "the tree house."

The tree in the house was no accident. It was one of a cluster of California live oaks that the city planning commission required the Crocketts to leave on the upper portion of the lot, and they needed the lower portion for a septic tank drain field. With the help of Portola Valley architect Paul Zimmerman they solved the problem by building the house around the trees.

Besides giving you the pleasure of viewing a living sculpture in the house, the wells provide interior light. Sliding glass doors give access to the small slatted decks on both floors. Roof skylights above the well offer a continued view to the tree top. □

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The center of attention is the banyan tree outside the house

Dining room mirrors *provided added view of banyan. Ceiling strips direct eyes toward tree*

A long steep lot dominated by a magnificent banyan tree was the challenging Honolulu site presented to architect Wayson Chong. His design for Jim and Reiko Brandon was a house that not only preserves the banyan but focuses attention on it. His scheme might be adapted by any Western landowner lucky enough to have a saguaro cactus, coast redwood, Douglas fir, or other venerable tree or comparable natural feature on the site.

The major rooms—living, dining, and master bedroom—all look out at the banyan. Each has its own deck so you can step outside for an even closer view.

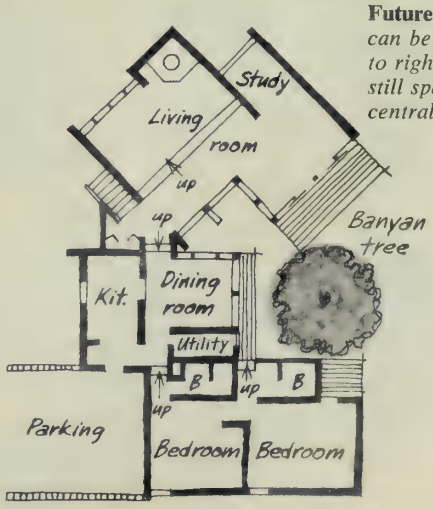
The inside is stained redwood plywood. Its dark color subdues the interior light level, emphasizing what you see through the windows, especially the dominating banyan.

Floor-to-ceiling mirrors in the dining room reflect the tree. Also the mirrors make the room seem more spacious and emphasize 1-inch redwood strips installed on the ceiling to direct eyes outward to the banyan. □

A. SALBOSA

Architect designed home *around existing banyan tree. Decks extend from (left to right) bedroom, dining room, and living room*

Roof over living area *slopes upward toward banyan tree to provide generous view through window walls*



Future *bedroom can be added to right side, still sparing central banyan*

Filling up *for the next run. In full sun, facing south, wood framework supports distillers above collecting jugs*
W. E. DECKER III

Solar distillery improves water taste

To get good-tasting drinking water, Ted Paulson of La Jolla, California, built two solar distillers that remove chemical additives and residues from the city water. The back-yard project cost about $25.

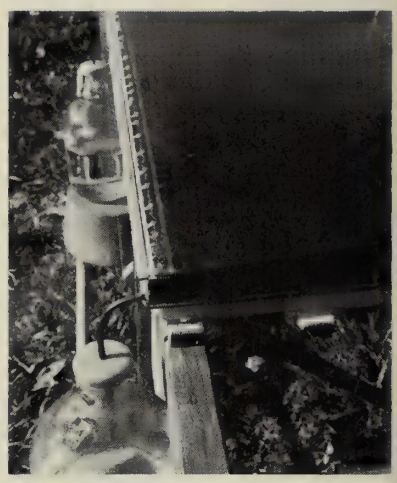
The ¼-inch plate glass container is held together with waterproof silicone rubber —sold at hardware and building supply stores. When the sun's heat evaporates the water, the vapor rises, collects on the tilted glass cover, slides down its surface, beads at its edge, and then drops into the collecting trough before entering the collecting jugs through copper tubing. (See photographs and the drawing below.)

Each distiller produces about 1 gallon per day during the summer and 1 quart per day in winter. Cloudy days reduce production.

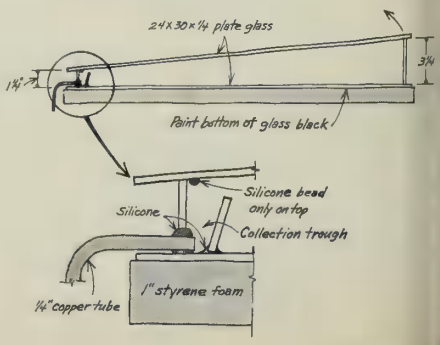
It is important that certain parts of the distiller be especially clean. Before assembly, scour the tilted glass cover with a cleanser, rinse, and then install it while still wet. Discard the first quart of water. This removes impurities from the collecting surface.

Also, the glass or plastic collection bottle should be clean and free of odors. The distilled water may pick up odors or even flavors from a soiled cork used during or after water collection.

Don't let the distiller run dry because intense heat may crack the glass. If the distiller is to be left unattended for a period, cover it with canvas to stop evaporation. □



Beads *of water collect near edge of glass, drop into trough, flow through tube into bottle. Cut off corner of front glass to make room for tubing*



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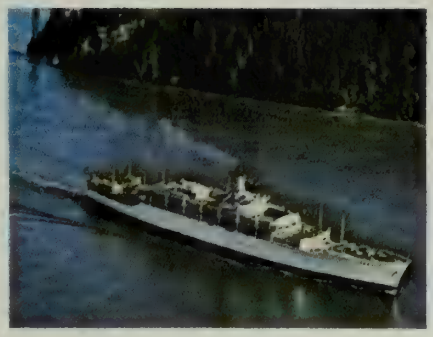

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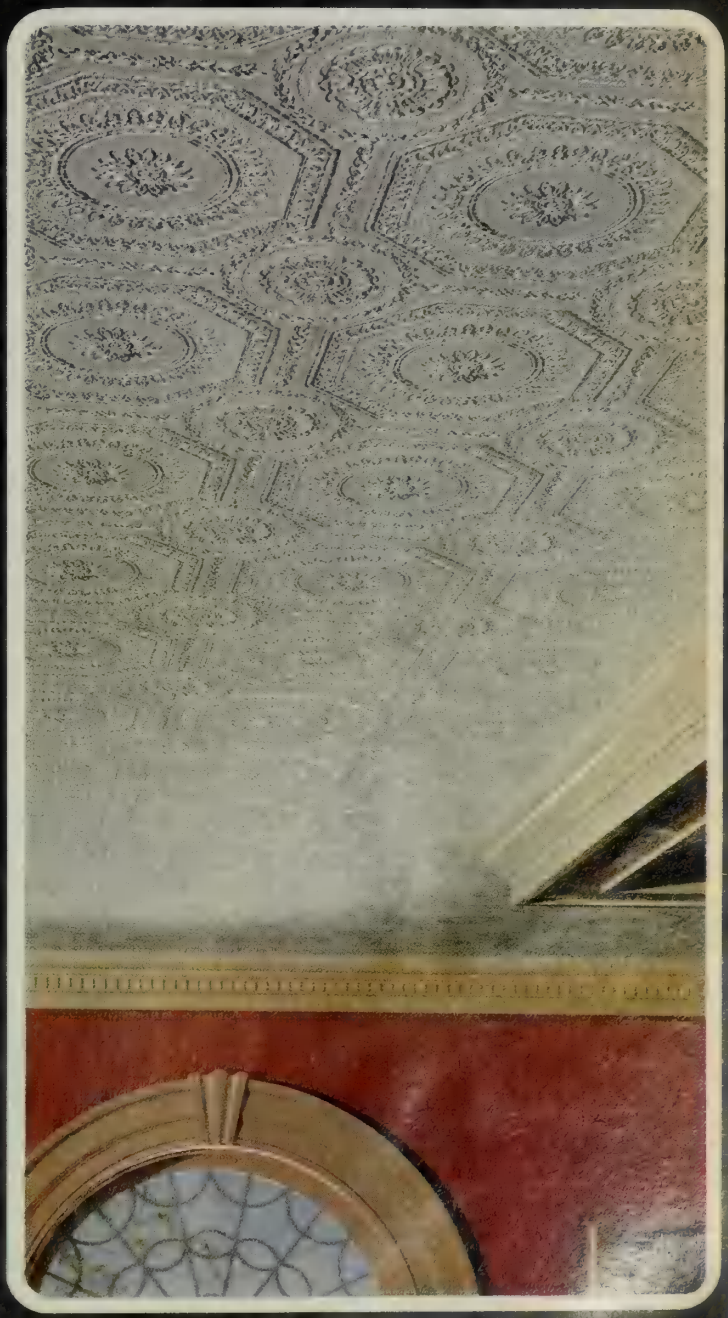
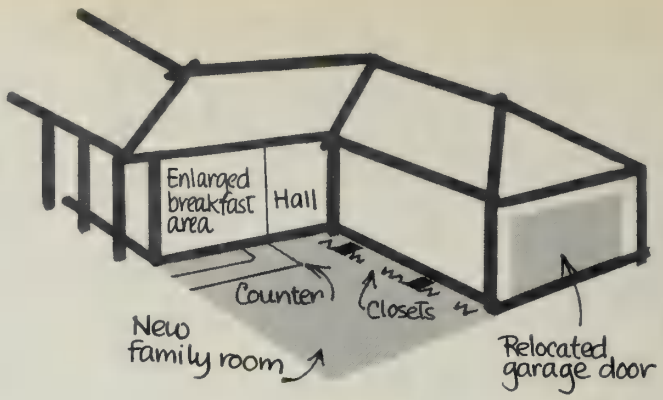


CONSTITUTION: Reminiscent of Monticello

l-coated tiles wipe clean easily.

GERALD R. FREDRICK

Before: *Garage doors are at right angle to street*



PETER O. WHITELEY

After: *Entrance is still at left; family room fills in corner. Garage doors now face street. Grassy play space and walkway cover old driveway*

How a garage-in-front house can grow...you just fill in, then reposition the garage doors

This 22-year-old house was designed with a generous living and dining area and the requisite number of bedrooms for a couple with two children. What it didn't have was an informal place where the owners could share a meal and relax with friends. The wife wanted to be in on conversations and be able to keep an eye on the children while she prepared meals. Both husband and wife wanted television and games close at hand but out of view when not in use.

Their solution was simply to push out the house's front wall flush with the streetside wall of the garage, saving the doors, and repositioning them facing the street. This in turn did good things to the front of the house and the front yard. Entering guests no longer had to walk around cars in the driveway to reach the

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GERALD R. FREDRICK

Before: *From living-dining area, house ended abruptly in passage from garage to kitchen; it could not be closed off*

After: *Same opening, but view is across 15 by 18-foot family room, which can be closed off. Louvered doors on left wall conceal television, bar, projects. Divider at right includes a snack counter*

front door.

Moving the driveway allowed a generous entry walk and gave the children a larger play area.

The new façade has two prominent windows pushed out for emphasis. Inside, under each window is a built-in seat with storage below.

Separating the breakfast area from the family room is a snack counter which creates a visual barrier but is low enough to let light into the kitchen.

The owners hired a contractor for the construction but did wallpapering, painting, and relandscaping themselves. □

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REZ Solid Color Latex Stain is available at your *PITTSBURGH® PAINTS* Dealer and other fine retailers.

Rez®
Natural Wood Finishes
by
PITTSBURGH® PAINTS

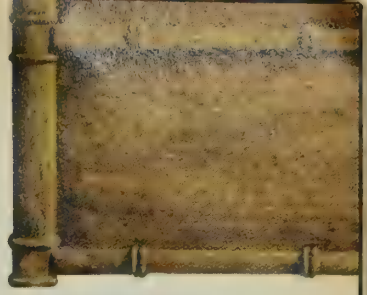
Beneath snack counter, *storage is deep and high enough for a card table*

Square bamboo motif legs require special carving techniques.

Unlike most furniture companies, we hand-pad and hand-glaze our leather.

Brass-plated hardware is specially selected to enhance the design.

There are over 20 steps in our finish —most carefully done by hand.



Only the finest woods are used—veneers of pin-knotty walnut and solids of pecan.

takes a lot more than a beautiful design to make a beautiful desk.

Anyone can put a good design on paper. But to translate that design faithfully takes the finest materials and craftsmanship available. At Heritage our designs begin on paper but are expressed in every detail of construction from the selection of woods to the final finish. When you see a piece of furniture with the Heritage name on it, you know it's made as beautifully as it looks.

This Windward desk costs around $820. For a catalog of all Windward pieces, and other Heritage collections, plus a useful room-planning kit, send $2.00 to Heritage Furniture, Dept. SU-11-73, Drexel, N.C. 28619

Heritage

Another fine [illegible]
from Champion [illegible]

CRAIG AURNESS

Redwood *planter holds pot or soil (with extra lining), hangs on chains*

It's an angular stack of redwood square frames

This angular planter is an easy-to-make home for a favorite fern or other hanging plant. John August of Encino, California, designed it as a sturdy disguise for unsightly pots. You can also plant directly within its redwood sides.

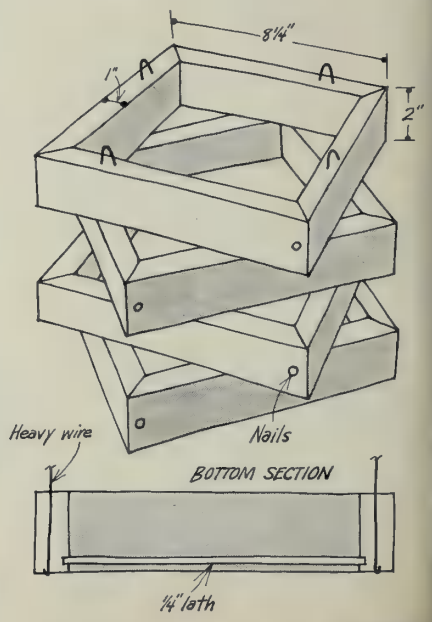
You make it of 1 by 2-inch redwood, cut and mitered to form four square frames. Frame dimensions can vary with the size of the pot. These happen to be 8¼ inches on a side to hold a pot with 6-inch diameter. You nail the pieces together with 1½-inch-long galvanized nails that won't rust away after repeated soakings. Or join them with dowels or countersunk and plugged screws. Still another alternative is using bronze cinch nails with reamed shanks, but these are hard to find. Bond each joint liberally with waterproof glue.

The planter's base is a platform of four ¼ by 1½-inch redwood laths. Before the bottom section is assembled, slip the laths into grooves cut in two opposite sides of the frame; or you could support the laths on four ¼ by ¼-inch wood strips nailed inside the bottom frame.

To join the four frames together, drill four holes in each frame to accept a coathanger-thick brass wire (available in metal supply stores and some hardware stores). Be sure the holes are well aligned so the wire will run down through the overlapped frames in a straight line. Secure the wires at top and bottom by bending over 1 inch of the ends and pounding them into the frame.

Leave enough of the wire loops extending above the top frame so you can attach light brass chains, rawhide thongs, or cord to hang the planter. Finish with a dark stain. Or for an interesting rustic effect wire-brush the planter or have the wood lightly scoured by a sandblasting firm. Materials will cost less than $5.

If you want to plant directly inside the frames, stuff holes and line inside of planter with sphagnum moss. □



We've been telling you to take the advice of a friend. Now we'd like you to listen to a stranger.

Nobody knows dishwashers — and reliability — like a repairman.

So it's not surprising that when an independent research firm asked repairmen which dishwasher performs best, needs least service, lasts longest, and is most reliable, KitchenAid was their number one choice. What's more, repairmen picked KitchenAid as the dishwasher they'd buy for themselves.

So, before you buy a dishwasher, talk to a KitchenAid owner. Then talk to a repairman. And then you'll be ready to talk to your KitchenAid dealer. (He's listed in the Yellow Pages.) Or write KitchenAid, Dept. 4DG-5, Troy, Ohio 45374.

KitchenAid® Built better. Not cheaper.

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When you go looking for your dream house, you're looking for more than just a roof over your head.

Today's Asphalt shingles are a beautiful surprise. When you go house hunting, you'll be seeing more and more homes, both old and new, with roofs like this one.

It's made of a new kind of asphalt shingle. The edges are thick and irregular, so they cast deep, random shadows. The earthtone colors are subtle and natural, to blend in quietly with informal Western life styles.

Today's Asphalt is more than just a roof over your head. It adds its own note of solid luxury to a home.

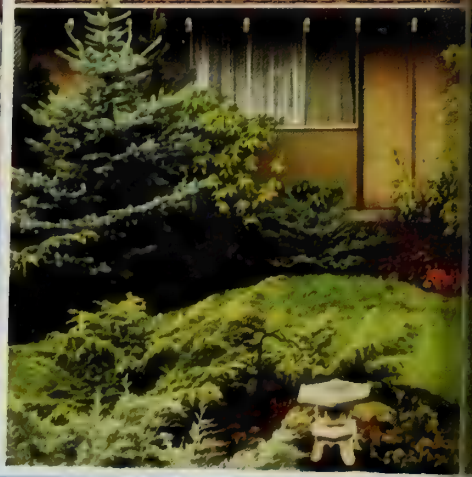
Today's

Asphalt.

Look how naturally Today's Asphalt fits in. Today, there are patterns, colors, weights, and textures of asphalt shingles that fit in with any setting or architectural idea, whether it's a bayside villa or a home in the suburbs.

The wide variety of materials available blend in quietly with any surroundings. Naturally.

Today's Asphalt.



Dream Houses come in all sizes, shapes and colors. And so do Today's Asphalt shingles. These pictures show only a few of the dramatic patterns, colors and textures that are now available from a number of companies.

Western architecture sets the pace for the rest of the nation. And today you'll find asphalt shingles to match any Western design style, any price range.

So when you're looking for your dream house, look for Today's Asphalt. (And you may have to look twice to be sure.)

Today's Asphalt.

Today's Asphalt. For a Dream House that will stay that way.

Today's Asphalt has more than beauty to recommend it.

For example, you also enjoy the traditional advantages of asphalt's fire-resistant safety. And that's especially important in those parts of the West where summers are long and tinder-dry, and brush fires are a constant hazard.

And most asphalt shingles are guaranteed for up to 25 years. That can be a strong point if you ever decide to sell your home.

Finally, if you already have your dream house—and all it needs is a new roof—be sure to look into the cost advantages of Today's Asphalt. You can expect very substantial savings over a comparable wood roof.

Asphalt Roofing Manufacturers Association
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Today's Asphalt.
For tomorrow's homes.

GLENN CHRISTIANSEN

New conversation pit *in remodeled house has sunken floor, built-in couch, and cabinets for extra storage space*

Built-in couch *rises just above floor level of family room and breakfast area beyond; split level relieves tunnel-like monotony*

Sinking the floor made a friendly conversation pit

"We live in this room now; it's our favorite part of the house," says Christy Kreutz. "It used to be an ugly, dark little room that the kids played in. Now it's a warm, friendly area where the whole family can gather."

Mr. and Mrs. Paul Kreutz of Palo Alto, California, hesitated at first when architect Michael Moyer presented his plans: knock out a room divider between the playroom and breakfast area, lower the floor, and turn the playroom into a sunken conversation pit. The breakfast area by the playroom would become a family room and a new breakfast area would be added.

The Kreutzes weren't sure the modern

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It also gives you a buyer's guide to the various kinds of windows available, with new ideas for decorating them. Greenhouses are the subject of another feature. And how-to-do-it instructions for patio paving, fence building, attic cooling, and "raising your roof" are all given major treatment.

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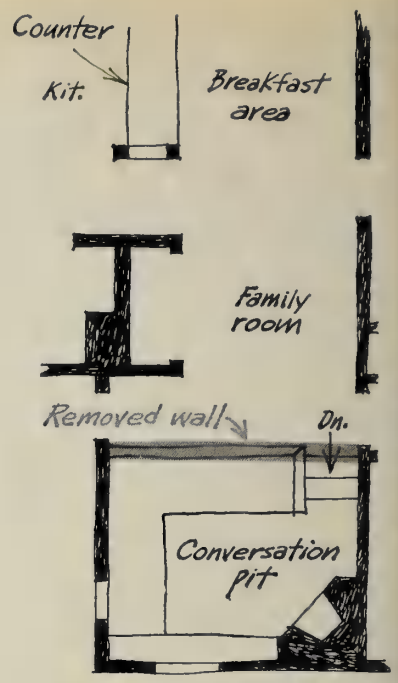

Removing a wall *opened up former playroom to all-family use. Breakfast area by kitchen was added during remodeling*

sunken floor would fit in their 37-year-old home.

But the sunken floor did fit comfortably into the house. Built-in couches and shelves and a new fireplace make the space useful and cozy. The children spend a lot of time here now; they can store their toys in the six built-in cabinets. The architect opened up the room to more light when he took out the room divider; now light can stream in from two glass-paned French doors in the new breakfast area addition.

Sinking the floor meant that joists had to be lowered 22 inches. Older homes are more likely to have enough crawl space to permit this kind of lowering. While building codes vary, usually a space of 18 inches is required below the joists for access to pipes, wires, and joists needing maintenance. But a clearance of 12 inches works here because there were no major pipes or wires below the floor and treated Douglas fir joists were used (treated wood isn't as susceptible to rot).

If you don't have that much crawl space to begin with and want to try lowering the floor joists, you could dig out enough space below. If there aren't any wires or sewage or drainage pipes below, you could remove the floor joists and pour a concrete slab floor.

The prefabricated metal fireplace ($750) was easy to install; it sits in a corner where a closet used to be, and since the flue runs up through the closet space and attic, no outside structural change was required. □

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You need a plan. The Martex® Master Plan. It lets you change the look of your room step by cautious step. As you get braver, the steps get bigger.

For example, you might start by transforming a Martex pillowcase into a jaunty throw-pillow; perhaps for a pale, plump chair.

From there, it's only a little step to a table-round that began as a bed sheet. Then, to a pleated lampshade. A flower-strewn screen. An upholstered chaise. Till, before you know it, you've covered all four walls, floor to ceiling, with . . sheets!

The patterns: Bakuba Dot, Wicker and Lace, From The Garden. All in 50% Dacron® polyester and 50% combed cotton. For "The Unending House," a new step-by-step instruction booklet on how to decorate with sheets, send $1.00 to Martex, P.O. Box 912, Madison Square Station, New York, N.Y. 10010.

ith a pillow. And end with a room.

The idea of transforming a room . . . and not just a bedroom, but any room . . . with our sheets and towels and pillowcases, wasn't something we stumbled on after the fact.

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By designing prints that work with other prints. Colors with colors. Patterns with patterns. Not just on your bed, but everywhere.

Now, look slowly around the room you're sitting in, and see where it could use a splashy little throw-pillow.

Remember, the first step is always the hardest.

And with the Martex Master Plan, it couldn't be easier.

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We change more than just your bed.

West Point Pepperell

First *you spoon the solution over rocks, sponge pieces, driftwood, and other material you have collected*

Then drip *one or more food colors over the top pieces, letting color dribble down the sides*

DARROW M. WATT

Solution *crystallizes; garden grows. On the third or fourth day it might look something like this*

Watch it grow... crystal garden in a dish

One thing about chemical gardens, you never know how you're going to feel about the final result. Some people exclaim over the beauty of the crystals and rave about the colors they assume; others may be intrigued (or repelled) by the grotesque character of the same garden. But whatever your ultimate reaction, it's still enjoyable to assemble a garden and watch it grow.

Select a shallow container made of glazed ceramic or glass (if a Scout troop or other group wants to prepare gardens away from home, use inexpensive aluminum pie tins). Collect porous materials such as tanbark, driftwood, lava rock, cork, pieces of sponge, concrete chips, clay pot shards. Arrange them in the container, piling them on each other to make a jumbled surface.

Mix the following solution:

- 4 tablespoons noniodized table salt
- 4 tablespoons liquid bluing
- 4 tablespoons water
- 1 tablespoon ammonia

Spoon this over the pieces, allowing the solution to cover the bottom of the container. Drip one or two food colors over the collection, using either the spout o the food color container or a medicin dropper. Don't use too much coloring—it diffuses in the solution so even a smal amount will show up clearly as the crys tals grow.

Set the garden where it won't need t be moved. The growing crystals are fra gile and work best if left alone. Eac day you'll see a change. The garden i the photograph above resembles a bluis green underwater scene, but the appear ance will vary according to the porou materials and colors you use.

In about three or four days the garde will reach its peak; then you may as wel throw it out.

What's going on:

The solution begins to move througl the porous material from the bottom o the dish, traveling to the upper surface Water evaporates from the surfac making a saturated salt solution there Salts crystallizing from this form th shapes pictured above. The crystals wil continue to grow while the solution i available; then in a day or two they wil stop growing and begin to dry out.

Mme Cecilia Chiang in a Long-Bell kitchen showing Mrs. Dan Denno how to make Prawns a la Szechwan, her famous Mandarin specialty.

A new recipe booklet on Mandarin style cuisine authored by Mme Cecilia Chiang tells you what's cooking in kitchens. And it's yours when you send for Long-Bell's Kitchen Planning Kit. Mme Chiang is an expert in her field as proprietor of The Mandarin Restaurant in Ghirardelli Square, San Francisco.

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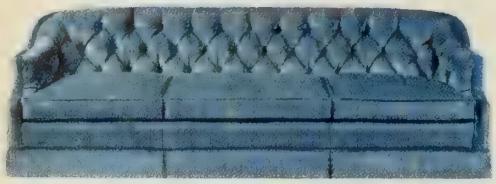
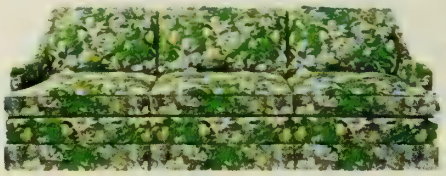
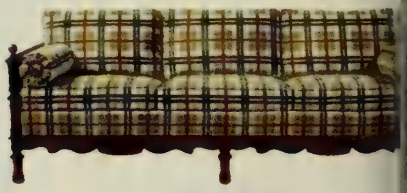


About $670



About $610



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You'll find lots of real beef and meat by-products in an ALPO can. That's what makes ALPO different from other leading canned dog foods. Most other leading brands don't even come close to the amount of beef that ALPO has. In fact, some of them have no beef at all! But ALPO is famous for its beef. Big, thick, juicy chunks of it.

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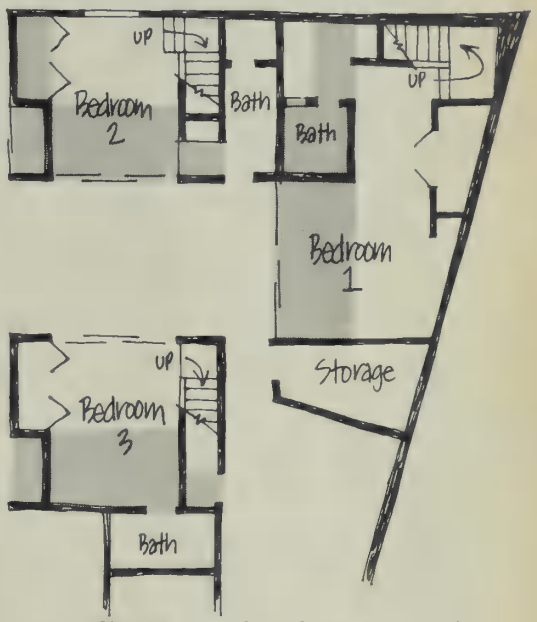
doesn't your dog deserve ALPO?

DARROW M. WATT

The third bedroom-loft *(at left and above and labeled in plan) is just wide enough for table and bed. Sitting room below loft contains closet, adjoins bath*



Shaded areas *show sleeping spaces above sitting rooms. Between bedrooms 2 and 3 is a skylighted atrium*

Penthouse lofts for sleeping ... sitting spaces below

Penthouses *face mainly away from each other, for occupants' privacy*

Popping up on the flat, tar and gravel roof of this house are three penthouse sleeping lofts for a family with older children. Each opens to its own sitting area beneath.

Because the beds are in the lofts above, each sitting area functions as a private living room with space for comfortable seating, stereo equipment, hobbies, and entertaining, without disturbing others in the family. The house is not large—only 1,800 square feet; there was no need for a conventionally large living room.

Eventually each loft will have its own small rooftop deck, to be reached through sliding glass doors. Perched above neighboring houses, the lofts have adequate privacy. The family can enjoy the flood of morning light in each loft, so there are no curtains.

David Ludwig designed the house for the Jane Moody family of Berkeley, Ca

Posters under glass . . . here are ways to mount, frame, hang them

NORMAN A. PLATE

Inexpensive *posters mounted under glass are hung with three types of "no frame" suspension systems*

Even the most inexpensive poster o print looks better displayed under glas (or acrylic or acetate). Mounting in thi way also keeps out dirt and prevent tearing.

You can often do the job yourself, bu there are hazards you should know about before beginning.

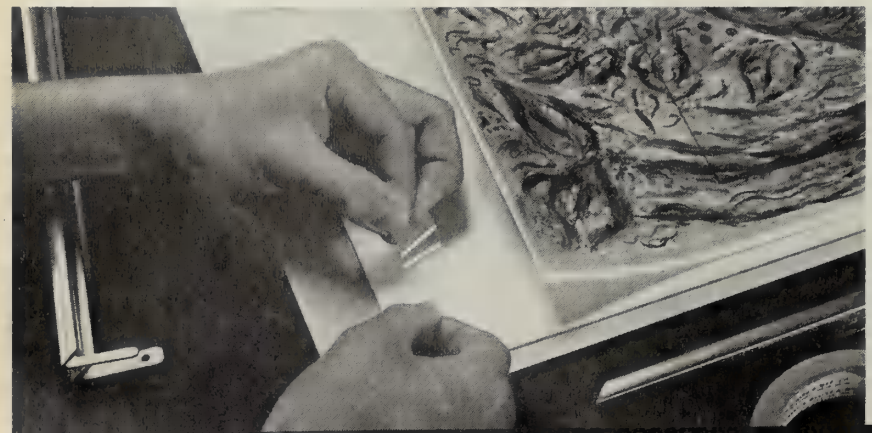
Caustic tapes or papers can eat int fine print papers, causing discoloratio and eventual disintegration. Poorly sup ported pieces will droop and wrinkle i time. Improper separation between pa per and glass can permit condensatio to cause water damage. Mildew or fur gus can also form on a piece that's nc properly protected.

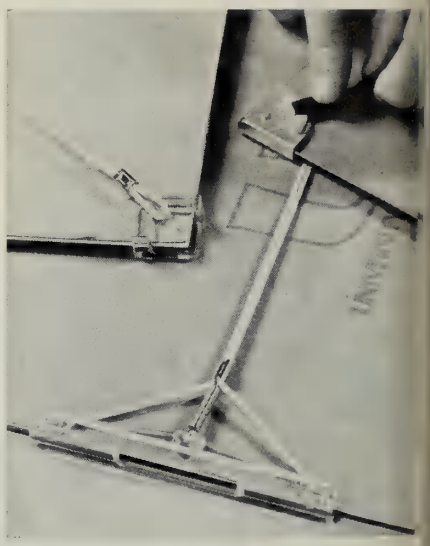
Professional framers who specialize i paper art have the skills and materia to avoid these problems. So if you'r mounting a valuable work of art (or or that will be worth more in the futur it's best to turn the job over to an e pert. A local art museum or universit art department may be able to recon mend someone.

However, if you should decide you paper art is not worth the expense of

(Continued on page 14

Double-sided tape *holds poster to white poster board. Underneath is cardboard backing; glass will go on top. Metal frame then locks together at corners with special screws*





Back view *of posters shows how vario suspension systems attach: at corne or along edge; about $2 to*

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For those who can tear themselves away from our beach, we offer the world's premier ocean liner, the Queen Mary—our entertainment focal point, a day's worth of unique family fun. Next door: the bustling, modern Port of Long Beach.

In town you'll find shops and restaurants with international flavor—the atmosphere you'd expect from Southern California's traditional ocean resort. And just name your sport, land or water.

Beyond that, every other major attraction on your must-see list is only a short bus, boat or car ride away.

Need a clincher? Well, a Long Beach vacation is comparatively inexpensive. It won't take a lot to get here or stay here. In fact, on a modest budget, you can see and do more—in less time—on less gas—than anywhere else on the West Coast.

Please send along your free family vacation planning guide.

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Saab the Wagon

It's a sedan when you want it,

Inside every Saab WagonBack Sedan, you'll find two cars.

A sedan. And a Wagon.

The sedan in our WagonBack is a comfortable, five-passenger luxury car, with the kind of head and leg room you expect to find in big cars. Very, very big cars. Yet it's as easy to park as a compact.

It's a Saab sedan with a fuel-injected, 2 liter engine coupled with a 4-speed synchromesh transmission, to give you about twice the gas mileage of most full-size domestic cars*. (Of course, an automatic transmission is available.)

And, like our other Saab sedans, our new WagonBack has features that make it strong, safe, and dependable. Features like front-wheel drive, rack and pinion steering, roll-cage construction, and power-assisted four-wheel

*As published by the EPA, the average miles-per-gallon for a car of 4,500 lbs. or more is 9.5 MPG or less. The EPA miles-per-gallon performance for a Saab 99 LEM is 19.4 MPG.

introduces Back sedan.

and a wagon when you need it.

disc brakes. All standard.

To find the wagon in our WagonBack, you just open the back, slide out the rear-window shelf, and fold down the rear seat. Now you've got a full 53 cubic feet of cargo space and more than 6 feet of flat floor length, level with the bumper for easy loading.

So, when you're not carrying your family around in your sedan, you can carry lots of other things around in your wagon.

The new Saab WagonBack Sedan.

Two excellent cars. For the price of one. $5248.

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It's what a car should be.

There are more than 400 Saab dealers nationwide.
Price does not include dealer prep., taxes and optional equipment.

Meet our new pool cleaner...

Our new pool cleaner keeps our pool sparkling clean without complaint and works for just a few pennies a day!

Our new pool cleaner is the world-famous Pool-Sweep and it accomplishes all this because it's *completely automatic*. Gone forever are the hours upon wearisome hours of scrubbing and vacuuming by hand. No more skimming for insects, leaves and other debris. Now our Pool-Sweep frees us from the drudgery of pool cleaning, letting us spend that time relaxing and swimming. After all, the idea of owning a swimming pool is to swim in it—*not* work in it! Right?

If you want to join me in banishing forever the bothersome complications of cleaning your pool yourself or having to depend on someone else to do it for you, find out just how Pool-Sweep can keep your pool clean and swim-ready 24 hours a day, all completely automatic. You can easily do so without any cost or obligation. To discover how Pool-Sweep can make your life as a pool owner a lot happier, a lot easier, simply fill in the coupon and mail it today.

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Please introduce me to your new pool cleaner. Send me—without any cost or obligation whatsoever—full information on how POOL-SWEEP can keep my in-ground pool sparkling clean, completely automatically.

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252

Mail to: POOL-SWEEP,
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professional job, here are a few method of mounting that you can use yourself

Putting on backing

The first step is to support the piece b securing it to a rigid poster board back ing. Avoid paste and glue that can blee through the paper. Small strips of non yellowing double-sided plastic tape a the top two corners will work. Even i the cover glass holds the piece tightl in place, use tape because the paper wil later fatigue and sag. Depending on hov you plan to frame the piece, you migh want to add an additional backing o cardboard or hardboard behind th poster board.

NORMAN A. PLAT

Large poster *gets covered with ⅛-inch-thick acrylic sheet, lighter and safer than glass*

Framing

Once the piece has been proper backed, there are many simple ways frame it. The picture at right on pag 142 shows three of the commercial available "no frame" suspension systen that hold a piece between glass ar backing. These are perfect for gettir art on your walls with a minimum effort and expense. Because dirt ar smoke can filter in behind the glass, yc might want to seal the edges with a bo der of clear or colored plastic tape.

Also shown on page 142 is a simp metal frame that is held together at tl corners with a patented locking devic requiring no special tools to assembl This frame and the "no frame" typ mentioned above are available at a supply stores.

Large pieces, whether framed or nc should probably be mounted und acrylic sheet. It costs about twice

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The magic in our champagnes begins with geography.

We start with the prize grapes of California's rich North Coast region.
That's a great beginning right there. Then we add
our own expertise, including natural fermenting in the bottle.
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Work a little magic of your own. Try our Brut
and Extra Dry Champagnes—also Pink and Champagne Rouge.
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Cresta Blanca. From California since 1889.

NORMAN A. PLATE

Plastic tape *(instead of frame) around perimeter keeps smoke and dirt off backed poster under glass*

much as glass, but it's only half as heavy and will not shatter. Large pieces of acrylic will bend under their own weight unless they are held securely with a frame or secured to a rigid hardboard backing.

A simple envelope of clear acetate is another inexpensive mounting material, especially good for children's rooms. Turn the backed poster face down on a sheet of acetate, and then bend the edges of the acetate around the back and fasten to the backing with tape as if you were wrapping a package (see photograph below). Acetate is sold by the sheet or roll at art supply stores.

Hanging the art

Once the piece is framed or covered in some way, hang it out of direct sunlight; ultraviolet rays can cause the paper to yellow quickly. There is glass that will block ultraviolet rays, but it's difficult to find and expensive. And even with it, extreme temperature changes (when piece is hung in sunlight, or near heater vent) can cause the paper to expand and contract, breaking down its fibers. Excessive temperature changes can also cause moisture to form under the glass resulting in stains. □

Clear acetate *forms envelope around backed poster. Tape holds folded edges in place*

New fangled windows with old-fashioned character.

Andersen Perma-Shield

New fangled Perma-Shield® tough durable vinyl that won't need painting, ends exterior maintenance chores and expense.*

Warm wood core—one of nature's best insulators—helps keep you comfortable year-round. Reduces conducted heat loss and gain more efficiently than metal.

No old-fashioned storm windows to clean, install or store. Double-pane insulating glass instead. Only two glass surfaces to clean instead of four—cuts cleaning chores in half.

New fangled Perma-Fit® rigid vinyl grilles snap out for easy window cleaning.

New fangled vinyl weatherstripping helps keep drafts out, springs back to shape indefinitely.

The old-fashioned character and natural beauty of wood interior trim. Paint or stain inside trim surfaces as you please.

Before you buy, build or remodel, see an Andersen Perma-Shield Window demonstration at your local lumber dealer. He's in the Yellow Pages under "Windows, Wood."

*Andersen Perma-Shield is available in casement, awning, double-hung, gliding window styles and gliding doors. Exterior of double-hung *sash*, however, is protected by a special patented four-step factory finish that won't need painting for at least 10 years.

Please send me your free booklet "How to get good windows when you buy, build or remodel".

Mail to: Andersen Corporation,
Bayport, Minn. 55003

☐ I plan to build ☐ I plan to remodel a_____

Name_____

Address_____

City_____

State_____ Zip_____

S-54

Andersen Windowalls®

LEE FOSTER

Tough canvas bag *handles like luggage for easy check-in. Material sprayed with water repellent. Wide straps loop under bag to support bike*

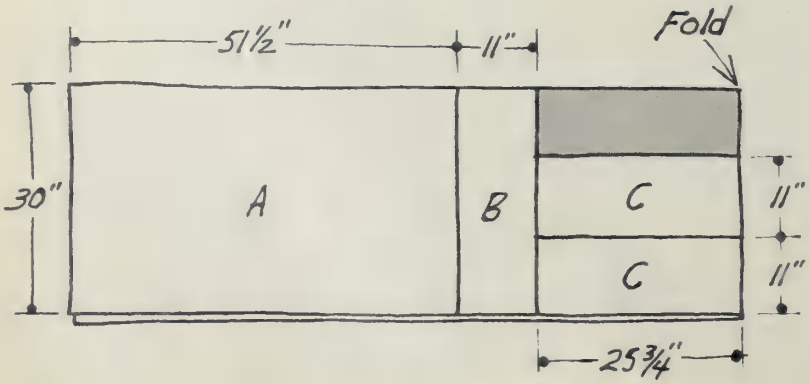
Front wheel, *pedals, handlebars, and seat removed, bike frame is carefully arranged in bag; parts go in last. Below it zips up neatly*

Traveling with your bike? Make a bag to put it in

A sturdy tote bag can be a time-sav convenience if you want to take al your 10-speed bike when you tra You can dismantle the bike and hav packed and ready to ship before reach the airport or the bus or t depot. Many major airlines will shi bike in this tough case as part of y baggage; most bus and train lines req that the case be placed in a cardbo box (available at the depot).

To make a bag that will hold a stand sized 10-speed bike, you'll need 5 y of 30-inch-wide, 10-oz. army duck vas ($2.50 per yard), 6 yards of 3-i wide Type I webbing (75 cents per ya one 50-inch number 5 or number 7 b separating zipper (5 cents per inch) inches of hook-and-loop tape fast (7 cents per inch), and some heavy- thread. You can find the canvas, bing, and separating zipper at an aw or canvas supply shop; the other m rials are sold in most fabric shops. T cost is about $21.

To begin, fold canvas in half width (see diagram). Mark and cut out



Folded canvas *measures 88¼ inches long; with folded 5-yard piece you'll have 1¾ inches extra at ends*

"If old mellowed wood is what you'd love to have, move into this 1743 landmark. There's a better way. Without the movers."

—Wally Bruner, Star of "Wally's Workshop" TV Show

"Something happens to fine wood after it's been on a wall for a couple of centuries. It gets an inner glow. A luster. A patina. Trouble is, there are only a few places—like the George Eveleigh House in Charleston, South Carolina, where you can find paneling like that.

"But you can get Constitution,™ a new printed wall paneling, in three wood tones, from The Paneling People.

"They found a way to reproduce that mellow, authentic wood-grained look to make it feel like it's been polished and buffed by generations of loving hands.

"You don't have to be a millionaire to own it either. In fact, you can panel a 10′ x 15′ room with Constitution panels measuring 4′ x 8′ x 5/32″ for about $100.* And build heritage right into your home. Check the Yellow Pages under 'Paneling' for the U.S. Plywood dealer nearest you.

"And yes, you can do it yourself.

"If you can saw, measure and hammer, you can do it. The Paneling People even have a book that tells you how. Shows you new ways to use paneling, too.

"It's called 'All About Wall Paneling' and all you've got to do to get it is send your name and address and 50¢ to U.S. Plywood, Dept. SS5, P.O. Box 61, New York, N.Y. 10046."

The Paneling People

U.S. Plywood

U.S. Plywood
Division of Champion International

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Mechanically guaranteed for a lifetime of writing pleasure.
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*SUGGESTED RETAIL PRICES

LEE FOST

Hook-and-loop *tape fastener, sewed right up to zipper ends, seals bag*

A pieces, two B pieces, two C piec (note that each C piece when unfold will be 51½ inches long).

Next, cut eight strips of webbing, ea 4 inches long, for shoulder strap su ports. Attach four to each A piece befo sewing sides of bag together: For the tw lower supports, place a piece 3 inch up from one long edge and 9 inch in from each side edge; for two upp supports, place a piece 8 inches dov from the other long edge and 15 inch in from each side edge. Fold cut edg of each webbing strip to meet in cent and sew securely to canvas along fold edges. (Top supports should be angl slightly toward center top of bag to gui straps to shoulder as in photograph.)

Pin one side of the separating zipper the top edge of an A piece, the oth side to a long edge of a C piece. Ba and sew zipper according to manufa turer's directions. Pin C piece with zipp attached to the top edge of the other piece (right sides together). Baste a sew using a ⅝-inch seam. (Throughc project, continue to use ⅝-inch sea and sew fabric with right sides togethe

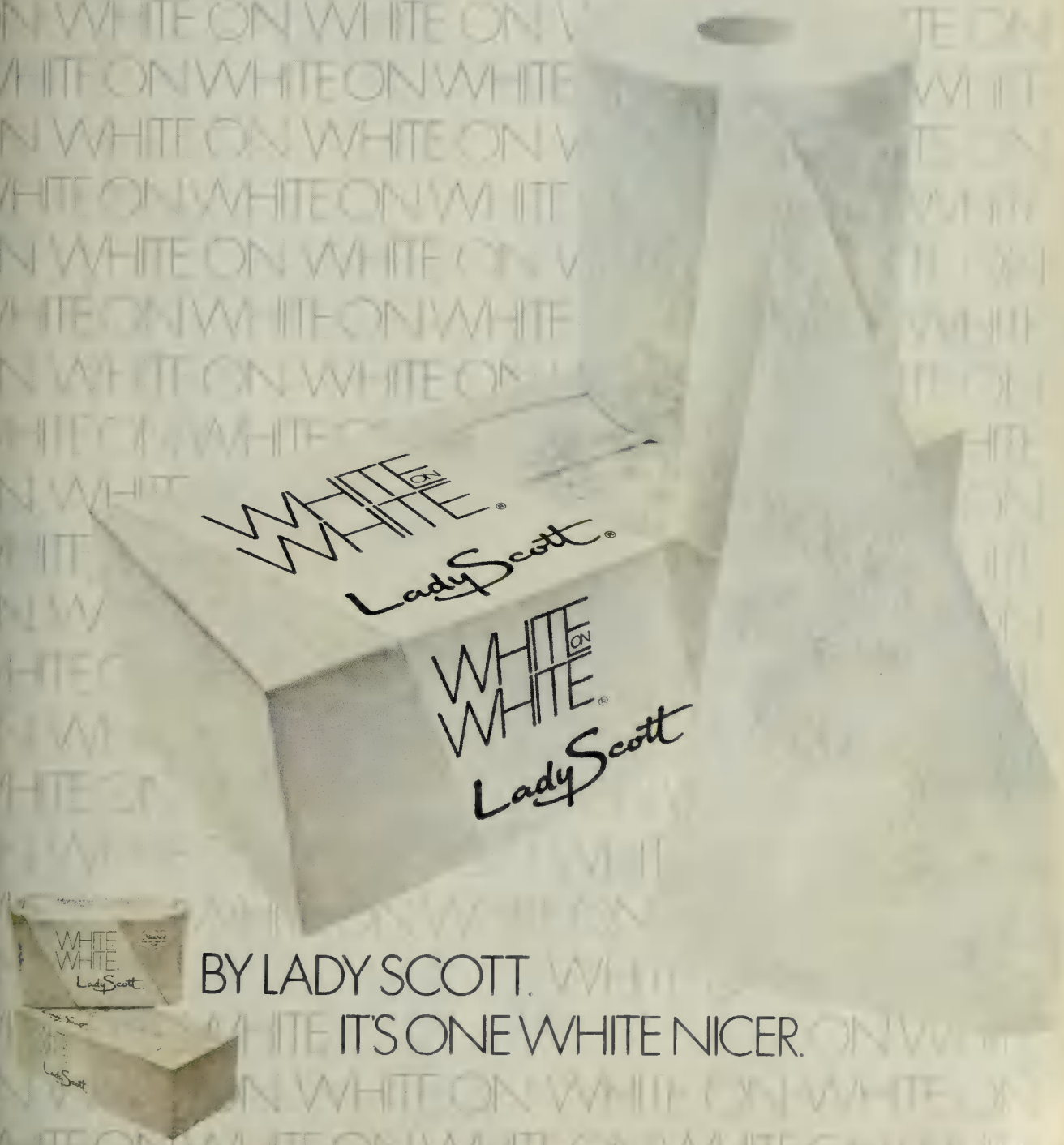
Pin, then baste one short end of each piece to each short end of the other piece. Sew pieces to form one long str

Now pin each long edge of this n strip to the unsewn edges of each piece, ⅝ inch in from corner. Baste a sew. Clip corners.

To keep loose wrenches and pedals fr slipping out, add some hook-and-lo tape fastener at the sides of the top fl to seal up the bag. Slip the remaini length of webbing through all the su ports to make the shoulder straps. C to a length that will hang comfortal from your shoulder; then sew ends webbing securely together. Print yc name on the bag, or with remaini canvas, you can make pockets that sn shut to hold tools inside the bag.

The bag was designed by Mary Ja Foster.

IF YOU LIKE WHITE, YOU'LL LOVE



BY LADY SCOTT.
IT'S ONE WHITE NICER.

Whose back

Do you have a back that likes super-firm support like Willis Reed? Or does your back prefer gentle-firm support like Rosemary Casals?

Let your back decide at a Simmons dealer. If you've been used to sleeping on an ordinary mattress your back is going to feel a nice difference. On a Beautyrest® the coils are in separate pockets so they're free to push up instantly under the curve of your back.

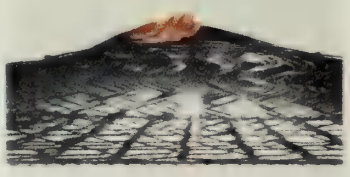
That way every inch of your curve is supported. Firmly. But at equal pressure ordinary mattress coils can't move up as readily. Because they're all tied together.

Match your back with one of the Beautyrest celebrities and then visit your Simmons dealer to see if your back agrees with their back.

Back cut-out

The separate Beautyrest coils are free to push up under the curve of the back cut-out

Back cut-out



With equal pressure, ordinary coils can't move up as readily

Do you have a Willis Reed back?

Willis Reed is big. 6'10" and 240 pounds big. And after bouncing around a basketball court all day long he doesn't want to bounce around on a mattress all night.

So Willis sleeps soundly on a Beautyrest Back Care IV, the firmest mattress in the Beautyrest lineup. King-size, of cou The super-firm support not only giv him a good night but gives his bac good morning.

Do you have a Vickie Lawrence back?

Vickie often has to be wide awake and rehearsing for television shows at six a.m. To make sure she gets her full measure of beauty sleep, Vickie sleeps on a Beautyrest Back Care II. The Back Care II is a beautiful combination of extra-firm support and luxurious comfort.

Beautyrest gives Vickie such a sound, restful sleep that it helps take the edge off of getting up at the crack of dawn.

lo you have?

Do you have a Rosemary Casals back?

Rosie is small in stature (5'2") but big in spirit. She feels that half the battle of feeling relaxed before a tennis match is in her head and the other half is in

r back.

To make sure her half is completely ed, she relaxes ep on a tyrest eme I. The deep rt and gentle support lets e and her back up refreshed aring to go.

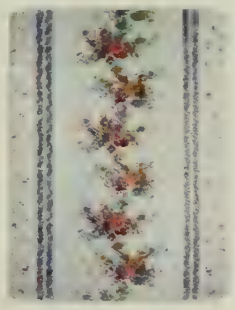
u have an Arthur Ashe back?

Arthur has long been one of ica's best tennis players. He's een a long-time Beautyrest r.

Arthur is famous for his ing backhand, and what rts his back is a Beautyrest Care I.

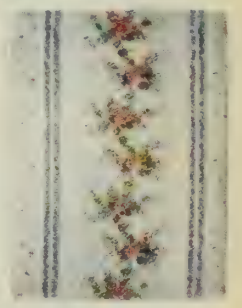
Arthur's six-foot-plus frame eciates the extra room found queen-size, and his back appreciates the extra-firm comfort found in the Back Care I.

Treat your back like a celebrity. Get it together with the Beautyrest firmness and size just made to give you the best night's sleep you've ever had. Your back can choose from normal-firm to hard in twin, double, extra-long, queen and king-size.


Back Care I

Back Care II

Back Care IV


Supreme I

Beautyrest
by Simmons.

See following page for dealer nearest you.

Your Beautyrest Dealer will show you how your back and our mattress were made for each other.

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Anchorage:
Nerland's Home Furn.
Fairbanks: Nerland's Inc.

Arizona
Mesa: Barrow Furniture
Levitz Furniture
Phoenix: Barrow Furniture
The Broadway—All Stores
Diamond's
Levitz Furniture
Mayo's Home Furn.
Prescott: Barrow Furniture
Scottsdale:
Mayo's Home Furn.
Sun City:
Mayo's Home Furn.
Tucson: Barrows Furniture

California
Alhambra:
McMahan's Furn. Stores
Anaheim: Bedroom City—
All Stores
J.W. Robinson's
Wickes Furn. Showroom
Arcadia: Sleep N. Beauty
Azusa:
McMahan's Furn. Stores
Bakersfield:
McMahan's Furn. Stores
The Broadway
Baldwin Park:
McMahan's Furn. Stores
Bellflower:
McMahan's Furn. Stores
Beverly Hills:
J.W. Robinson's
W.J. Sloane Co.
Campbell: Breuners
Gold Key Furniture
Warehouse
Canoga Park:
McMahan's Furn. Stores
Montgomery Ward
Sleep E-Z Mattress
Cerrito: J.W. Robinson's
Chico:
McMahan's Furn. Stores
Costa Mesa:
Gold Key Warehouse
Showroom
Covina: Montgomery Ward
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McMahan's Furn. Stores
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Idaho Falls:
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Carson City: Carson Furn.
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Las Vegas: The Broadway
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Albany: Rubenstein's Furn.
Eugene: Rubenstein's Furn.
Klamath Falls:
McMahan's Furn. Stores
Ontario: Blackers Furn.
Portland: Levitz Furn.
Meier & Frank Co.—
All Stores
Salem: Rubenstein's Furn.

Utah
Salt Lake City:
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GLENN CHRISTIANSEN

cessed in beam, *small light sits inside a short length of PVC pipe; ⅜-inch hole for wires is drilled through to top of beam*

Low-voltage overhead trellis lights

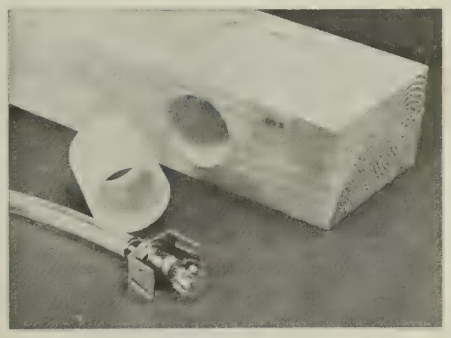
bedded in the 4 by 6-inch beam above is one of 14 low-voltage lights that illuminate hanging plants and pavement under a vine-clad trellis. The idea can be adapted anywhere there are overhead beams to drill into: in house rafters; along the edge of a carport roof; above gates, entry walks, or garden steps.

To duplicate this light, you'll need a number 94 bulb, double-contact socket with a medium bayonet base (includes two fine-threaded nuts), and a fixture bar or strap; total cost, about $2.75. The wiring requires number 18-2 coated wire (7 cents per foot) that runs from each fixture to a number 12-2 voltage cable (2 cents per foot) that's fastened flat across the top of the trellis. The cable, in turn, is connected to a 12-volt transformer.

A transformer of this capacity costs about $20 (inside installation) or $30 (weatherproof for outside installation), and will operate 8 to 10 lights. The light components are sold by most electrical shops (not automotive shops); some nurseries sell transformers and cable. If you already have a 12-volt system, you can tie into it providing the transformer will accept the added load.

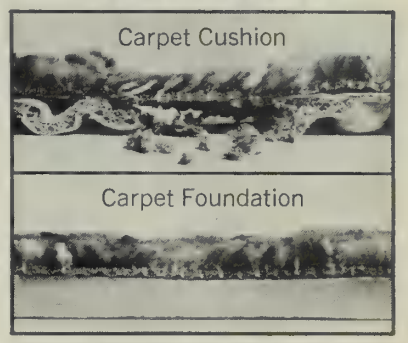
The light fits snugly into a 3¼-inch-long piece of 2-inch-diameter PVC pipe (sold by garden irrigating firms and some plumbing supply and hardware stores) which is then pushed into a 2⅜-inch-diameter hole predrilled with an expansive bit.

Landscape architect Richard A. Wilson, San Diego, designed the light. □



Bend fixture bar *to fit snugly inside PVC pipe. Half-inch aquarium hose slips over socket base, extends 4 inches out of beam as added rain protection*

TWO UGLY PICTURES THAT PROVE YOUR CARPET CAN STAY BEAUTIFUL LONGER.



Unretouched photos of results of a 100,000 cycle test (the equivalent of several years of moderately heavy traffic) on National Bureau of Standards designed testing machines at Olin Laboratories.

About to spend good money for a new carpet? We'd like to warn you about making a common mistake:

An ordinary carpet cushion can deteriorate or crumble and lose its capacity to protect your carpet. Result: unsightly and uneven wear.

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See the photo on top. An *unretouched* picture of ordinary waffle rubber carpet cushion crumbling.

Now look at the other *unretouched* photo. That's Omalon Carpet Foundation. Look at the carpet. Same test yet it hardly shows any wear.

Unlike some carpet cushion, Omalon Carpet *Foundation* won't crumble or collapse under heavy foot or furniture pounding.

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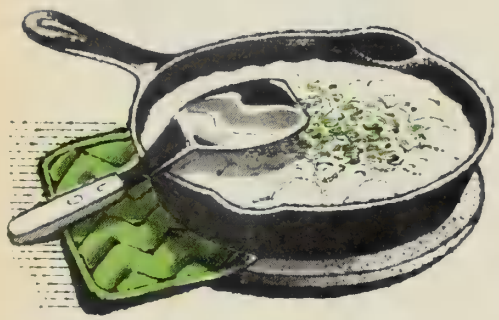
Sunset's Kitchen Cabinet®

When the chef at your house decides to fire up the barbecue, why not surprise the family with hot spoonbread or a flavorful eggplant casserole to accompany grilled chicken, beef patties, or lamb?

If you prefer to build a patio picni around one hearty dish you cook i the kitchen, consider transporting th halibut soup or beef-and-mushroor casserole out-of-doors.

For dessert, we suggest a moist spic



Bake this spoonbread in an ovenproof frying pan; to serve, cut in wedges

Skillet Spoonbread

A custardlike layer forms on the bottom of this light bread as it bakes.

- 2 tablespoons butter or margarine
- 1 egg
- 2 cups milk
- 1 cup yellow cornmeal
- ⅓ cup regular all-purpose flour
- 2 tablespoons sugar
- 1 teaspoon salt
- 2 teaspoons baking powder
- 3 tablespoons chopped green onion
- ⅛ to ¼ teaspoon crushed red pepper (optional)

Melt the butter in a heavy 10-inch frying pan with an ovenproof handle; swirl to coat bottom and sides evenly, then set aside.

In a bowl beat the egg slightly with fork; then blend in 1 cup of the mil Stir together the cornmeal, flou sugar, salt, and baking powder; ac all at once to the egg mixture wi the onions and red pepper (if usec and blend well.

Turn batter into the buttered fryi pan; evenly pour over the remaini 1 cup milk but do not stir. Bake in 400° oven for 20 to 25 minutes until a wooden pick inserted in cent comes out clean. Let stand 5 minut then cut in wedges; serve with forl Makes 8 servings.—*R. W., S Francisco.*

Add frozen beans, then halibut to the vegetable laden broth; cook briefly

Pacific Halibut Soup

Other lean white fish such as rock fish can be substituted for the halibut.

- 2 tablespoons olive oil or salad oil
- 1 large onion, chopped
- 1 clove garlic, minced or mashed
- 1 cup thinly sliced celery
- 1 can (1 lb. 12 oz.) tomatoes
- 2 cans (about 14 oz. *each*) regular-strength chicken broth
- ¼ teaspoon *each* oregano, basil, and rosemary leaves
- ⅓ cup rice
- 1 package (9 oz.) frozen Italian green beans
- 1½ pounds halibut, thawed if frozen
- 2 tablespoons chopped parsley
- Freshly grated Parmesan cheese

Heat the oil in a 5-quart kettle over medium heat; add the onion, garlic, and celery; sauté until onion is lin Stir in the tomatoes (break up wit spoon) and their liquid, broth, or ano, basil, rosemary, and rice. Co and simmer for 10 minutes, then a the beans and simmer, covered, 15 minutes longer, or until rice a beans are tender to bite.

Meanwhile remove skin and bo from fish and cut into about 1-i pieces. Add to the kettle and sim just until fish flakes readily, abou minutes longer. Sprinkle with par and pass Parmesan cheese at the t to spoon over each serving. Mak servings.—*M. M., Oakland.*

This flavorful baked version of Joe's Special has a bubbly cheese topping

Beef and Mushroom Bake

You can assemble this casserole ahead; bake just before serving.

- 2 packages (10 or 12 oz. *each*) frozen chopped spinach
- 1 teaspoon salt
- 1 pound lean ground beef
- 1 large onion, finely chopped
- ½ pound mushrooms, sliced
- 1 cup sour cream
- 1½ teaspoons Italian herb seasoning (or ½ teaspoon *each* oregano, basil, and thyme leaves)
- ⅛ teaspoon ground nutmeg
- 1 cup *each* shredded Cheddar and grated Parmesan cheese

Place spinach in a wire strainer; rinse with hot water until thawed, then press out all the water; set aside.

Sprinkle salt in a large frying place over medium-high heat crumble in the ground beef; sau to 3 minutes, add onion and m rooms, and cook until most of liquid is gone, about 5 minutes lor Remove from heat and stir in spinach, sour cream, Italian sea ing, nutmeg, and ½ cup *eac* Cheddar and Parmesan cheese. into a shallow 2-quart casse sprinkle remaining cheese over

Bake, uncovered, in a 350° oven heated through, about 20 min Makes 4 to 6 servings.—*B. C., Harbor, Wash.*

e, served a la mode if you dare.

welcome your own original hen creations. Mail recipes to *nset Magazine*, Menlo Park, Calif. 025. We pay $10 for each recipe olished.

What's your pleasure? Here's spoonbread, halibut soup, a choice of casserole bakes

lded Avocado Salad

ou use a fancy mold, we suggest eral garnishes to try with it. Or e it in a ring mold and fill the ter with seafood or chicken salad.

- 1 envelope unflavored gelatin
- Water
- 2 medium-sized avocados
- ¼ teaspoon grated lemon peel
- 3 tablespoons lemon juice
- ½ cup sour cream
- 2 tablespoons chopped green onion
- ½ teaspoon *each* garlic salt and salt
- ½ teaspoon liquid hot pepper seasoning
- Crisp greens

a saucepan combine the gelatin ¼ cup cold water; set aside for 5 utes to soften. Stir in 1½ cups water, then stir over medium heat until gelatin is dissolved; let cool.

Meanwhile peel, pit, and mash the avocados; you should have about 1⅓ cups. Blend in the lemon peel and juice, sour cream, green onion, garlic salt, salt, and hot pepper seasoning. Stir in the cooled gelatin until well blended and pour into a 1-quart mold. Cover and chill until firm.

To serve, unmold and invert onto a serving plate. Garnish with crisp greens. Makes 4 to 6 servings.—*F. M., Phoenix.*

Offer garnishes such as cherry tomatoes, sliced jicama, and ripe olives.

A squeeze of lime and fresh vegetables complement the buttery avocado flavor

ese-topped Eggplant Casserole

n-fry the eggplant while the sauce ners; then combine and bake.

- 1 eggplant (about 1¼ lbs.)
- About ⅓ cup salad oil
- 6 slices bacon
- 1 large onion, chopped
- 1 green pepper, chopped
- ½ pound mushrooms, sliced
- 1 clove garlic, minced or mashed
- 1 can (about 1 lb.) pear-shaped tomatoes
- ½ teaspoon cumin seed
- 2 tablespoons brown sugar
- Salt to taste
- 1 cup shredded mozzarella cheese

h eggplant; cut into ½-inch s and brush all sides with oil. Ar- e in a single layer on a rimmed ng sheet; bake, uncovered, in a 450° oven for 35 minutes or until soft.

Cook bacon in a large frying pan until crisp; drain and crumble. Discard all but 2 tablespoons drippings; add onion, green pepper, mushrooms, and garlic; sauté until limp. Stir in tomatoes (break up with a spoon) and their liquid, cumin, sugar, and salt to taste. Cook over medium-high heat, uncovered, until most of the liquid has evaporated.

Layer eggplant, bacon, and sauce in a shallow 2-quart casserole. Top with cheese and bake, uncovered, in a 350° oven until bubbly, about 15 minutes. Serves 6.—*D. L., Issaquah, Wash.*

Green pepper, mushrooms, onion, and garlic make robust sauce for eggplant

colate Spice Pound Cake

hed potatoes prepared from a age keep this cake fresh for days.

- 4 cup butter or margarine
- cups sugar
- 1 cup cold instant mashed potatoes
- 4 eggs
- 4 cups all-purpose flour (unsifted)
- 3 teaspoons baking powder
- 1 teaspoon *each* salt and ground cinnamon, cloves, and allspice
- teaspoon ground nutmeg
- cup *each* milk and dark corn syrup
- ounces unsweetened chocolate, grated
- 1 teaspoon vanilla
- cup chopped almonds or pecans

n electric mixer bowl, beat to- r the butter and sugar until creamy; blend in potatoes and beat for 5 minutes. Add eggs, one at a time, beating well after each addition. Stir together the flour, baking powder, salt, cinnamon, cloves, allspice, and nutmeg. Also combine the milk and syrup. Alternately add the dry ingredients and the milk mixture to the creamed mixture, then stir in the chocolate, vanilla, and nuts.

Pour into a well-greased 10-inch tube pan. Bake in a 350° oven for 1¼ hours or until a pick inserted in center comes out clean. Cool in pan 10 minutes; turn out on a rack to cool. Serves 10 to 12.—*E. C., San Diego.* □

Dust the cake lightly with powdered sugar just before serving, if you like

GLENN CHRISTIANSEN

Armenia at your house... a grea

Armenians living in California have perfected the art of the barbecue picnic. You sense their pride in a heritage of fine food even at a big picnic sharing shish kebab with a thousand guests.

While participating in a much smaller gathering (the one pictured on pages 94 and 95), we observed just how some of these skilled cooks put together a beautiful meal for their own family and friends. They gave us their recipes and shared their menu secrets.

Armenian patio picnic

We have found that the Armenian picnic menu makes a great barbecue party to serve on the patio at home. The picnic shown on these pages was adjusted to serve about a dozen people.

Lamb Shish Kebabs or
Armenian Hamburgers
Yogurt Relish
Eggplant and Vegetable Kebabs
Rice Pilaf with Je-hezz
Peda, Sweet French, or Arabic Bread
Spiced Butter (optional)
Fresh Vegetable Salad
Basket of Fruit

Depending on your budget, you can serve kebabs from a fine leg of lamb, big juicy Armenian hamburgers, or a choice of the two. If you shop the day before, cut and sprinkle the kebabs with thyme before refrigerating them, or season the hamburgers. You can also mix the yogurt relish, dressing for the salad, and fruit topping for the rice the day before.

About 2 hours before dinner, mix the marinade into lamb kebabs and start the pilaf. Then about an hour before dinner you may want to enlist the help of other picnickers in preparing the vegetable kebabs, making the salad, setting the table, and preparing the barbecue.

Allow at least ½ hour for a good bed of coals to form, then put on the kebabs. Heat fruit topping for the rice while the meat grills.

For the spiced butter, add 1 teaspoon ground allspice to ½ pound soft butter or margarine; serve in a crock or dish.

Lamb Shish Kebabs

Buy 1 large (about 8½ lbs.) full cut leg of lamb; have it boned and the fat and gristle removed; cut meat into 2-inch cubes. Or buy boneless lamb cut for kebabs (5 to 6 lbs. for 12 servings). Sprinkle meat with 1 tablespoon thyme leaves and refrigerate until about 2 hours before the picnic.

For the meat marinade, cut 1 large onion lengthwise into strips, sprinkle with 1 teaspoon salt, and squeeze with hands until limp. With meat in a container such as a roasting pan, add 2 tablespoons olive oil and mix with your hands until blended. Blend in 3 tablespoons canned tomato paste, and the onion the same way. Gradually mix in ¼ cup dry red wine, then 3 green onions (including green tops), sliced. Cover and let stand at room temperature for about 2 hours.

String meat cubes on skewers, leaving onions and marinade in pan. Place meat about 6 inches above a bed of glowing coals and barbecue, turning as needed, until well browned and tender, about 20 minutes.

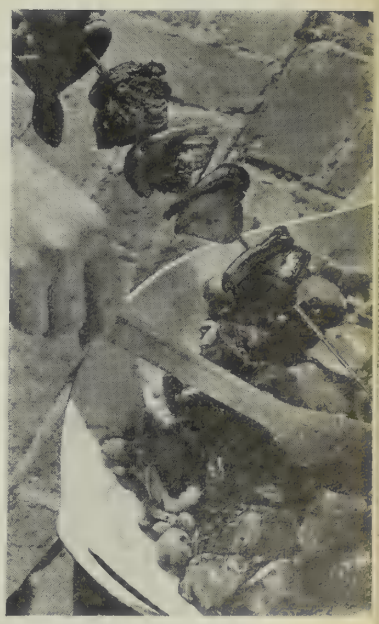
As meat finishes grilling, push off skewers into the pan of marinade and keep warm on side of grill. Makes 12 generous servings.

Armenian Hamburgers

Buy equal amounts of ground lamb and ground beef. To each pound of meat, add about 2 tablespoons *each* finely minced or ground celery, green pepper, and parsley; ½ cup ground or finely minced onion; and 1 teaspoon seasoned salt. Knead together until well blended, gradually adding about 3 tablespoons water. Shape each pound of meat into 3 or 4 patties.

Grill burgers about 6 inches above moderately hot coals until they're well browned on both sides; it takes about 8 to 10 minutes total time for medium-rare. Then season them to taste with

Lamb shish kebabs *share grill with skewered eggplant and green pepper; both need careful watching to brown and cook evenly*



Push *soft, well-charred eggplant off skewers and mix into sautéed onion and mushrooms; keep hot on side of grill*

nner's ready *with lamb and etables in pans over fire, pilaf with fruit on top, sh vegetable salad, menian hamburgers, yogurt ish, spiced butter, and ice of peda, sweet French, abic breads; fresh fruit for dessert*

kebab-barbecue on the patio

Something from my kitchen

by Elizabeth Cluett Allen

I love the modern appliances we've added to this old house. The self-cleaning oven, the dishwasher and blender. They help me turn out food as good as my grandmother's in a fraction of the time.

She believed in setting her table to suit the season, and so do I. Dumplings in winter—salads in summer. Spring should be just plain delicious, which these crab tarts are. They get their unusual flavor from Crosse & Blackwell® Major Grey's Chutney, which has a nice, sprightly way with crabmeat.

Crab & Chutney Tarts

Combine one 7-oz. can crabmeat, drained, with 1 green pepper, 1 onion and 1 stalk celery, finely chopped, 3 hard cooked eggs, chopped, 1 t. salt and ¼ t. pepper; set aside. Combine ½ cup mayonnaise and ½ cup Crosse & Blackwell® Major Grey's Chutney; mix well. Mix Chutney dressing and crab mixture; spoon into 12 unbaked 3" tart shells. Sprinkle tops with ¼ cup bread crumbs. BAKE at: 375°F. TIME: 30 minutes. Makes 12 tarts.

Another favorite in our house: Crosse & Blackwell® Mint Sauce with spring lamb or—surprise—spring vegetables. Try it on hot string beans.

We've served Crosse & Blackwell foods around here as long as I can remember, and with good reason. What you put on your table shows something about you. Crosse & Blackwell products have kept their integrity over the years; since we hold integrity in high esteem, we're proud to serve products with that name.

CROSSE & BLACKWELL

GLENN CHRISTIANSEN

Armenian hamburgers, *a blend of beef and lamb, grill alongside vegetable kebabs*

additional salt and pepper. Each pound of meat makes 3 or 4 servings.

Yogurt Relish

Combine in a bowl 3 cups unflavored yogurt; 6 green onions (including some of the green tops), sliced thin; 1 large clove garlic, minced or mashed; and 2 teaspoons finely crushed dried mint (or 4 teaspoons finely chopped fresh mint). Stir until blended, cover, and refrigerate for at least 4 hours or overnight. Season lightly with salt before serving. Makes 12 servings.

Eggplant and Vegetable Kebabs

Rinse 2 medium-sized (about 1¼ lbs. *each*) eggplants, cut off stem ends, and cut into chunks about 2 inches square. Sprinkle lightly with salt and drain in a colander for about 30 minutes. Also rinse 4 large green peppers, slice off stem ends, remove seeds, and cut in 2-inch squares. And have ready 3 large onions, peeled and sliced lengthwise into thin strips, and 1 pound medium-sized mushrooms, wiped, trimmed and cut in quarters. You'll need about ⅔ cup olive oil or butter and salt and pepper.

On the barbecue or on your range, heat about ¼ cup oil or butter in a 12-inch frying pan. Add onions and sauté, stirring often, until limp. Then add mushrooms and sauté until most of the mushroom juices are absorbed. Meanwhile arrange eggplant and green pepper pieces alternately on skewer. Brush generously with oil or melted butter and place over coals; keep turning until eggplant is soft and well charred; takes 25 to 30 minutes. Push off skewers into the sautéed onion mixture. Continue sautéeing all the vegetables together for about 5 more minutes, adding salt and pepper to taste. Keep warm on side of grill for serving. Makes about 12 servings.

Rice Pilaf with Je-hezz

Ahead of time, prepare fruit and nuts for je-hezz topping: Sauté ¼ pound whole blanched almonds in about 1 tablespoon butter over low heat, stirring until evenly golden brown; drain on paper towels. Rinse and pat dry ¼ pound raisins or currants. Snip ¼ pound *each* dried apricots and pitted dates in quarters; set aside.

Start pilaf about 1½ hours before serving time. In a 5-quart pan, heat 5 cups regular-strength chicken broth to boiling with ¼ pound butter and ½ teaspoon *each* salt and sugar. Add 2 cups long grain rice and cook, stirring, until mixture returns to boiling. Reduce heat, cover, and simmer for 15 minutes. Then turn rice mixture into a 2½-quart casserole, cover, and put into a 325° oven for 1 hour, or until serving time. (Pack hot dish in an insulated bag or wrap well in newspapers for a picnic away from home.) Keep hot on side of grill.

Finish je-hezz over grill. Heat 2 tablespoons butter in a 10-inch frying pan. Put in raisins and turn until heated through, then add dates and turn in butter; add apricots and stir until fruits are heated through. Just before serving, pour fruits over pilaf, then sprinkle with toasted almonds. Makes 12 servings.

Fresh Vegetable Salad

Cut 4 medium-sized tomatoes into ½ to ¾-inch dice, discarding seed pockets. Dice 2 green peppers and 2 regular (or 1 Armenian) cucumber. Combine in a bowl with 2 cups sliced celery, and ¾ cup chopped fresh parsley.

Also prepare mint dressing: Combine 2 tablespoons crushed dried mint (or ¼ cup finely chopped fresh mint) with 2 teaspoons salt, ¼ teaspoon cayenne, and 1 teaspoon ground cumin. Add ⅓ cup olive oil and 1 to 2 tablespoons lemon juice; mix to blend.

Just before serving, add dressing to vegetables and mix lightly. Garnish with watercress or romaine, or mix some of these greens into salad. Makes about 12 servings.—*R. T., Los Angeles.* □

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Russian dinner pleases the cautious, the adventurous

Unexpected and surprisingly agreeable taste sensations make this Russian-style dinner suitable for both the cautious and the adventurous, and festive enough for a small party.

Taken individually, each element is relatively commonplace, but when assembled Russian fashion, combinations may raise eyebrows on first inspection—such as pickles with honey and sour cream (*smetana* in Russian) for a first course. But the blending of flavors is an intriguing contrast of sweet and sour, creamy and crisp.

The chicken soup, reputedly of Siberian origin, is the main course. It's wholesome and sturdy, fragrantly spiced, and loaded with vegetables. You serve it in wide bowls to eat with knife, fork, and spoon, adding hot mustard and, if you like, sour cream for controlled zest and smoothness. Crusty bread or a dark heavy loaf such as pumpernickel and a green salad with an oil and vinegar dressing round out the main course.

Well spiced *and meaty, chicken soup is main dish in Russian-style dinner*

GERALD E. FREDRICK

For dessert, brew an aromatic tea (Earl Grey or spiced), then pass a fruit jam such as strawberry, cherry, or other berry to stir by the spoonful into cups (or into glasses, to be Russian) of tea; the taste is like a hot fruit punch. Accompany with a tray of plain cookies and bowls of ice cream, if desired.

Pickled Cucumbers with Smetana and Honey
Siberian Chicken Soup
Hot Mustard Smetana
Green Salad
Bread and Butter
Georgian Tea
Ice Cream and Cookies

You can start the soup as much as a day ahead, then as it finishes cooking there is time to organize the rest of the meal.

Pickled Cucumbers with Smetana and Honey

Quarter lengthwise 4 to 5 large, crisp kosher-style dill pickles and arrange on a tray. Accompany with a bowl containing 1 to 2 cups sour cream (this is enough for the soup, too) and a small pot with 2 or 3 tablespoons honey.

To eat, place a piece of pickle on a small plate, with a spoonful of sour cream alongside. Drizzle cream lightly with a few strands of honey. Then cut up pickle with a knife and fork and slide each bite through the honey-sour cream mound. Makes 4 or 5 servings.

Siberian Chicken Soup

- 3½ to 4-pound broiler-fryer chicken, cut in serving pieces
- Stewing broth (directions follow)
- 2 large carrots
- 1 medium-sized (about ½ lb.) celery root
- 3 tablespoons lemon juice
- 1 teaspoon sugar
- ¼ cup short grain (pearl) or long grain rice
- 1 small can (8 oz.) stewed tomatoes
- 6 whole allspice
- 6 whole cardamom
- ¼ teaspoon thyme leaves
- 1 jar or can (1 lb.) pickled red cabbage
- Chopped parsley and lemon wedges
- Hot mustard and sour cream
- Salt and pepper

Add the chicken and giblets to stewing broth in a kettle (reserve liver for other uses), placing breast on top. Bring to boil, reduce heat to simmering, cov and cook 15 minutes or until brea pieces have lost all pink color throug out (cut a gash to test). Lift out the brea pieces and set aside.

Continue to simmer remaining chicke covered, for another 30 minutes or un thighs have lost all pink color and me pulls easily from bones. Lift all t chicken from stewing broth and pla with breast.

When chicken is cool enough to touc strip off skin and remove bones, keepi meat in as large pieces as possible. R turn all bones, skin, tiny scraps of mea and any accumulated juices to the brot Return broth to boiling, then simme covered, for about 1 hour. Chill chicke meat, covered.

Pour broth through a wire straine pressing as much liquid as possible fro the bony mixture. Discard bones. Ski as much fat as possible from broth chill broth, covered, until ready to con plete soup, then lift off and discard fat.

Peel carrots and celery root and cut i about ½-inch dice. Bring broth to boi ing and add vegetables, lemon juic sugar, rice, tomatoes and liquid (brea up tomatoes with a spoon), allspic seeds from cardamom pods (discar pods), and thyme. Simmer, covered, fc about 25 minutes or until vegetables an rice are tender. Stir chicken meat int broth; simmer about 5 minutes more t heat through.

Serve soup from the kettle or a tureen Have in separate containers the unheate red cabbage, chopped parsley, lemo wedges, mustard, and sour cream. Ladl soup into wide bowls, adding to each mound of the red cabbage. Top cabbag with large pieces of meat, sprinkle wit parsley, garnish with lemon wedges an serve with knife, fork, and spoon. Seaso to taste with salt and pepper. Pass mus tard to spoon onto chicken and sou cream to add to soup. Makes 4 or main-dish servings.

Stewing broth. Combine in a kettle cups water, ¼ teaspoon whole coriande seed, seeds from 3 whole cardamom (dis card pods), ½ teaspoon whole allspice ¼ teaspoon whole black pepper, ½ tea spoon thyme leaves, 4 or 5 sprigs pars ley, ½ teaspoon salt, 1 large chopped onion, and 1 large sliced carrot. Bring to a boil, cover, and simmer 30 minutes, then use according to directions.

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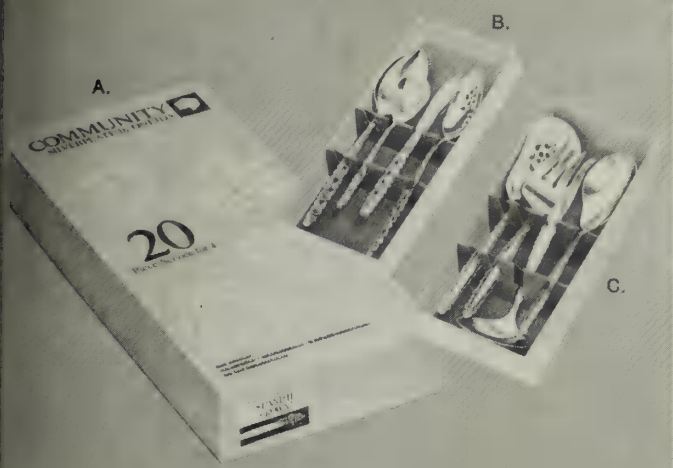

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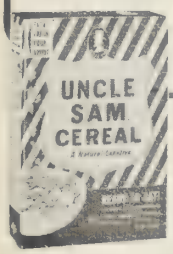

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- ¼ teaspoon salt
- ½ teaspoon cooking wine

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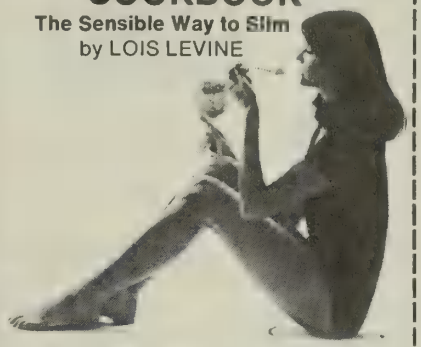

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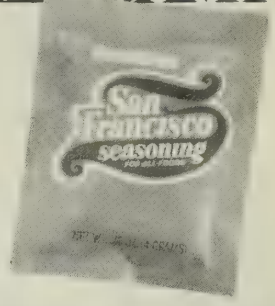

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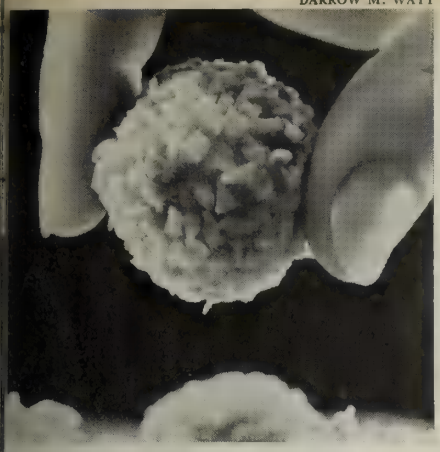

Crunchy nuts *coat milk candy balls*

A delight for sweet tooths

Surprisingly nutritious, this creamy and delicately spiced candy is made with lightly sweetened whole milk. You flavor the milk with lemon and cinnamon, then slowly cook it down until it thickens. Then you cool it, shape it into balls, and coat them with chopped nuts to add flavor and make the candy neater to serve.

Spiced Milk Confection

- 4 cups (1 qt.) whole milk
- 2 cinnamon sticks, each about 1½ inches long *or* ½ teaspoon ground cinnamon
- 1½ teaspoons grated lemon peel
- ¾ cup sugar
- About ½ cup blanched almonds or pecans

In a heavy saucepan combine the milk, cinnamon sticks, and lemon peel. Over medium heat, bring milk to boiling, stirring. Reduce heat to low and simmer milk for 35 minutes or until it is about the consistency of whipping cream; stir occasionally during the first 20 minutes, then constantly during the last 15 minutes. Remove cinnamon sticks.

Gradually stir in sugar until blended and the mixture again boils; continue to cook, stirring, over low heat for about 5 minutes or until confection is creamy beige in color and pulls away from the sides of the pan.

Pour mixture into a lightly buttered 8-inch square pan and set aside to cool for about 15 minutes.

Meanwhile, place nuts in a single layer on a rimmed baking sheet. Place about 4 inches from the broiler and toast until golden; chop nuts. Roll teaspoon-sized portions of candy into balls. Roll candy in chopped nuts to coat. To store, separate layer of candy with waxed paper, wrap well, and refrigerate for up to 5 days. Serve chilled. Makes about 2 dozen. □

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For Memorial Day weekend or another special weekend this month, a sandwich picnic that begins with fresh vegetables and ends with fresh fruit gets summer eating off on the right foot.

A light, fluffy baked pancake with topping of ripe strawberries is the center of attraction in a brunch that children can help prepare for Mother's Day.

And an energy-saving dinner with two main dishes that cook together in the oven, requiring a minimum of attention from the cook, helps out on busy days. Any of the three menus would suit guest occasions as well as family dining.

MAY MENUS

A Mexican patio picnic in which each guest builds a sandwich-in-hand. Also a brunch for Mother, a dinner with ribs

Patio picnic

This picnic features flavors of Mexico. Serve on the patio or take it to a park.

Fresh Vegetable Appetizers
Barbecued Flank Sandwiches
Avocado-tomato Dressing **Jack Cheese**
Tropical Fruit **Cookies**

The flank steak should marinate for at least 6 hours or as long as overnight. On the morning of the picnic, cut fresh vegetables such as green onions, carrots, and celery; make the avocado-tomato dressing. Keep both covered and well chilled until serving time. For dessert, offer a variety of tropical fruit such a pineapple, papayas, bananas, and man goes, and your favorite cookies.

Barbecued Flank Steak Sandwiches

1 flank steak (about 1½ lbs.)
Marinade (recipe follows)
6 Sourdough Steak Rolls
Bottled jalapeña sauce
About 12 ounces sliced jack cheese
Avocado-tomato dressing (recipe follows)

Arrange flank steak in a shallow glas baking dish; pour over marinade. Cove and refrigerate 6 hours or overnigh turning once or twice. To pack up stea for a picnic away from home, drain o excess marinade and cover with foil.

Prepare barbecue fire and allow to bur until coals are glowing. Place steak o grill about 4 inches above coals; cook to 6 minutes on each side for rare, c longer to desired doneness. Remov meat to a cutting board and cut in thir slanting slices across the grain.

To assemble sandwiches, arrange slice of flank steak on rolls, top with a sma amount of hot jalapeña sauce, slice cheese, and several spoonfuls of the avo cado-tomato dressing. Makes 6 servings

Marinade. Combine ½ cup olive oil (o salad oil) with ¼ cup *each* red wine vin egar, lime juice, and finely choppe

Spoon *zesty avocado-tomato dressing over jack cheese and thin slices of barbecued flank steak for a quick-to-assemble picnic sandwich*

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Sprinkle *powdered sugar over strawberries nestled in puffy pancake that bakes in individual ramekin*

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onion; 1 teaspoon *each* sugar and or ano leaves; 2 cloves garlic, fin minced; ½ teaspoon salt; and ¼ t spoon ground cumin.

Avocado-tomato dressing. In a bo thoroughly mash 2 ripe avocados a add 1 tablespoon lemon juice and teaspoon salt (or substitute two 8-oun packages frozen guacamole dip, thawe add a few drops of liquid hot pepp seasoning, 2 tomatoes, peeled and dice and ¼ cup *each* chopped onion a chopped fresh coriander (or you can u 1 tablespoon dry cilantro leaves or cup chopped parsley).

Mother's Day brunch

Individual oven-baked pancakes spri kled with powdered sugar and filled wi fresh sweetened strawberries make th brunch special.

Citrus Blend
Individual Oven-baked Pancakes
Strawberries Powdered Sugar
Sliced Ham (optional)
Coffee Milk

To bake the pancakes, you'll need ramekins, foil or other pie pans, c soufflé dishes 5 to 6 inches in diamete For the ham, you'll need about 1 ounces for 6 servings.

To prepare juice, mix 1 can (12 oz.) fro zen orange juice concentrate with th recommended amount of water, and ad 1 cup freshly squeezed grapefruit juice Next slice and sweeten strawberries an prepare pancake batter. Then while th pancakes bake you can brown the han slices in butter or margarine.

Individual Oven-baked Pancakes

- 3 tablespoons regular all-purpose flour, unsifted
- ½ teaspoon salt
- 1 cup light cream (half and half)
- 8 eggs
- 3 tablespoons melted butter
- Powdered sugar
- 2 pints strawberries, hulled, sliced, and sweetened to taste

In a medium-sized mixing bowl, combine flour and salt; with a wire whip or rotary beater gradually beat in cream Next, beat in eggs one at a time, beating well after each addition until all eggs are added and batter is thin and smooth.

Generously butter the 6 baking pans with 1½ teaspoons butter in each. Divide batter evenly among pans, placing about ½ cup in each. Bake in a 450° oven for 15 minutes or until pancakes are puffy and golden brown around the edges. Sprinkle with powdered sugar and fill center with sliced strawberries. Serve immediately. Makes 6 servings.

Oven dinner

For this menu, honey-glazed spareribs and a brown rice pilaf chock-full of

How to make a salad elegantly simple... and simply elegant.

: dark, forest-green of crisp, led spinach leaves.

The snowy whiteness of plump, h mushrooms sliced paper-thin.

The gold-and-white of finely-pped hard-cooked eggs.

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Spinach Salad A'La Champagne dresses up any dinner party, adds elegance to any special occasion.

2 quarts spinach leaves, washed and drained
½ cup plain croutons
½ cup sliced fresh mushrooms
2 tablespoons Schilling Imitation Bacon Bits
1 egg, hard-boiled, chopped fine (optional)
½ cup Girard's Champagne Dressing.

Separate spinach leaves and discard too-long stems. Add croutons, mushrooms, and bacon bits. Add dressing, tossing lightly to mix, Sprinkle with chopped egg. Makes 4 to 6 servings.

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vegetables bake side by side. When the are done, a fruit pastry goes into th same oven to bake for dessert.

Mixed Green Salad
Pungent Honey-glazed Spareribs
Brown Rice and Vegetable Pilaf
Frozen Fruit Pastry **Ice Cream**
Coffee **Milk**

First prepare the glaze and begin roasti ing spareribs. Then prepare the pilaf an bake alongside ribs; they should both b done about the same time. While the are baking, the salad can be put togethe quickly. For dessert choose a fruit pastr from the freezer case at your marke When the spareribs and pilaf are done immediately turn up oven temperatur and bake pastry according to packag directions.

Pungent Honey-glazed Spareribs

Cut 4 to 5 pounds pork spareribs int serving-sized pieces, sprinkle lightl with salt and pepper, and arrange, wit fat side up, on a rack in a large roastin pan. Bake in a 350° oven for 1 hour.

Remove spareribs from oven and drai off fat; remove rack and place sparerib back in pan. Liberally baste ribs wit pungent honey glaze (recipe follows and continue roasting and basting fre quently until they are tender whe pierced with a fork, about 40 minute more. Makes 4 to 6 servings.

Pungent Honey Glaze. In a saucepan stir together ½ cup honey, 2 teaspoon prepared horseradish, ¼ cup prepare Dijon mustard, 1 tablespoon cornstarch and ¾ cup ginger ale. Cook, stirrin constantly, over medium heat unti sauce boils and thickens.—*S. B., Lak Havasu City, Ariz.*

Brown Rice and Vegetable Pilaf

- 4 tablespoons butter or margarine
- ¼ cup slivered almonds
- 1 cup long grain brown rice
- 1 cup *each* thinly sliced carrots, diced celery, and sliced mushrooms
- 1 can (14 oz.) regular-strength beef broth
- 2 tablespoons soy sauce
- 1 cup water
- ½ cup thinly sliced green onions

In a large frying pan over medium heat melt 2 tablespoons of the butter ther add the almonds and cook, stirring, unti golden brown; remove with slotted spoon and set aside. To the pan add remaining butter and rice; cook, stirring until rice is lightly browned. Add the vegetables, broth, soy, and water, and bring to a boil over high heat. Reduce heat to low, cover, and simmer for 25 minutes.

Transfer rice mixture to a 1½-quart shallow greased baking dish. Cover and bake alongside spareribs until ribs are done, or about 1 hour. Remove from oven, stir in green onions and garnish with toasted almonds. Makes 4 to 6 servings.—*M. G., Salt Lake City.* □

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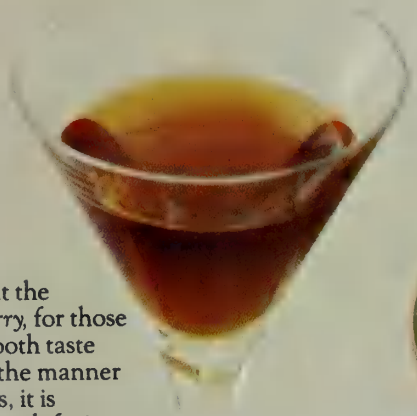

After dinner, bring out the *Almadén Cream Sherry*, for those who prefer a rich, smooth taste after a meal. Made in the manner of the Spanish masters, it is particularly exquisite with fruit or cheese.

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A spinach torte for picnics

DARROW M. WATT

Hearty *picnic fare: wedges of spinach torte, bite-sized tomatoes*

Although called a torte, this popular picnic dish from the northern Italian city of Turin is not a dessert. It is based on spinach and offered as a main course. It's baked, but can be served cold or at room temperature, hence its suitability for picnicking. It's also fine for lunch or supper at home, or you can spread it on crisp crackers and serve it as a before-dinner course.

The seasonings are a savory blend of sausage, chicken livers, and cheese in the dense egg-and-spinach base.

You can bake the torte in a variety of pans; use what you have. A cheesecake pan is best if you want to remove pan sides for an attractive presentation of the whole torte before cutting to serve.

Picnic Spinach Torte

- ¼ pound *each* bulk pork sausage and chicken livers
- 2 medium-sized onions, chopped
- 1 to 2 slices French bread
- ¼ cup milk
- 1½ pounds spinach
- 1 cup freshly grated Parmesan cheese
- 3 eggs
- 1 teaspoon salt
- ½ teaspoon *each* pepper, rubbed sage, and ground nutmeg

Crumble pork into a frying pan over medium-high heat; cook, stirring, until pork loses its pink color. Add the

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Chateau Souverain

Exit from 101 on Independence Lane, 5 miles north of Healdsburg.

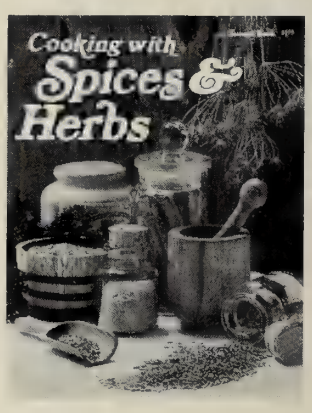
Chateau Souverain, [illegible] Geyserville, California

chicken livers and onions, and cook, s ring, until onions are golden and pork browned. Set aside to cool. Force m ture through the medium blade of a fo chopper or food mill. Place meat m ture in a bowl and set aside.

Tear bread in chunks and whirl enou in a covered blender to make ⅓ c lightly packed fresh crumbs. Add t crumbs and the milk to the meat.

Wash spinach well; remove and disca stems. Cut spinach leaves into thin stri In a frying pan over high heat, cook t spinach, covered, with just the water th clings to the leaves, until limp, about minutes. Add spinach to the meat m ture. With a spoon stir in the chee eggs, salt, pepper, sage, and nutmeg un mixture is thoroughly blended.

Spoon mixture into a 9-inch cheeseca pan (with spring-released sides or movable bottom), a lightly greased inch cake pan, or a lightly greased 9 5-inch loaf pan. Bake uncovered in 300° oven for 50 minutes or until mi ture appears set when pan is gent shaken. Cool, then cover and chill un time to serve. Serve tepid or cold. C round tortes in wedges or cut loaf in slices to serve. Makes 8 to 10 servings.



For experts, novices

Help for novices as well as experienced cooks is the aim of the new *Sunset* cookbook, *Cooking with Spices and Herbs* (Lane Books, Menlo Park, Calif., 1974; $1.95).

An alphabetized guide describes 45 spices and herbs, and 10 spice blends. Then more than 120 recipes demonstrate their use in appetizers, soups, salads, main dishes, vegetables, breads, and desserts.

Each chapter includes hints for quick ways to enliven food with seasonings, and such special features as how to make herb vinegars, your own mustards, and fresh herb cheese. □

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Offer expires December 31, 1974.

DARROW M. WATT

Pedaler's picnic *for two: papaya halves heaped with canned turkey; add a squeeze of lime and fruit-flavored yogurt as you eat*

Quick stop at the supermarket, then bike to the picnic site

Bicycling enthusiasts off for a day's outing agree that the exercise and fresh air build hearty appetites, yet carrying space is limited.

To transport an ample lunch, along with snacks and a beverage or two, is a real challenge. Sandwiches are always a dependable choice and we offer three worth discovering. But the other, rather surprising combinations we propose also make refreshing noontime treats.

Recently we tested some experimental ideas for two-wheelers, all shopped for in a supermarket and geared to high-speed assembly at the picnic site. We include four bike-stop buffets that our tasters particularly liked.

If you are a regular weekend pedaler you probably already carry the only tools you'll need—a multipurpose can and bottle opener or folding knife, and small metal or plastic eating utensils. In hot weather you may also want a small insulated bag to keep foods cool.

Sandwiches to make at home

Ham and Cucumber Sandwich. Lay lean cooked ham, peeled and slic cucumber, and Swiss cheese betwe slices of buttered and mustard-spre raisin bread.

Liverwurst and Radish Sandwich. Lay liverwurst, radish slices, and either mi onion slices or canned French fried o ions between slices of buttered a mustard-spread rye bread.

Cream Cheese and Chutney Sandwic Beat 1 package (3 oz.) soft cream chee until smooth; stir in 2 tablespoons Maj Grey's chutney and ¼ cup *each* choppe dried apricots and toasted slivered a monds. Spread mixture between slic of canned brown bread. Makes ½ to 3 cup filling.

Market to bike-stop buffets

Papaya Turkey Salad. For two servin you'll need 1 large papaya (or cant loupe), 1 can (5 oz.) boned turkey chicken, 1 carton (8 oz.) peach or apr cot-flavored yogurt, and 1 lime. Cut th papaya in half, scoop out the seeds fill the center of each half with bone turkey. Squeeze lime and spoon yogu over top as you eat.

Avocado Seafood Salad. For 2 servin you'll need 1 large avocado, 1 packa (3 oz.) smoked salmon or 1 can (6½ oz.) chunk-style tuna, 1 carton (8 oz unflavored yogurt, and 1 lemon. Halv avocado and remove seed; drain tun if used. Pile salmon or tuna into eac avocado half; squeeze lemon and spoo yogurt over top as you eat.

Trailside Smørrebrød. For two peopl you'll need 2 or 3 medium-sized cu cumbers or zucchini, 1 can (3¼ oz kippered herring, 1 carton (8 oz.) re frigerated onion dip, 1 small can (abou 8 oz.) pickled beets, and about 1 doze cherry tomatoes (optional). Cut cucum bers or zucchini across into thick slice as needed; top each slice with som kippered herring and spoon the onio dip over top. Accompany with beets an cherry tomatoes, if you wish.

Supermarket Antipasto. For two peopl you'll need 1 can (about 3 oz.) sardine (packed in oil or mustard sauce), 1 smal can (8 oz.) Italian zucchini (in tomat sauce), 1 small package Westphalian style pumpernickel bread, 1 package (oz.) cream cheese, 1 or 2 dill pickles and 1 can (about 3 oz.) whole pitted rip olives. Assemble open-faced sandwiche of bread, cream cheese, sardines, and spoonful of the zucchini and sauce. Ea out of hand; pass olives and pickles.

It's Great Beginnings Salad Dressing Mix. Created with nature's delicate herbs and tangy spices to bring out the greatness of your salad every time. So unique, it has its own genuine cut glass cruet. Try all nine Great Beginnings: Italian, Mild Italian, Low Calorie Italian, Blue Cheese, French, Caesar, Garlic, Avocado, and Tarragon French. Prove to yourself that great is better than good.

Great Beginnings Salad Dressing Mix and Cruet

DARROW M. WATT

Artichoke hearts, *marinated in mint dressing, look simple but elegant*

Salad plate *of marinated bea and cauliflower is a go nibbler-tempting appeti*

Here are buffet salads that stay fresh hour after hour

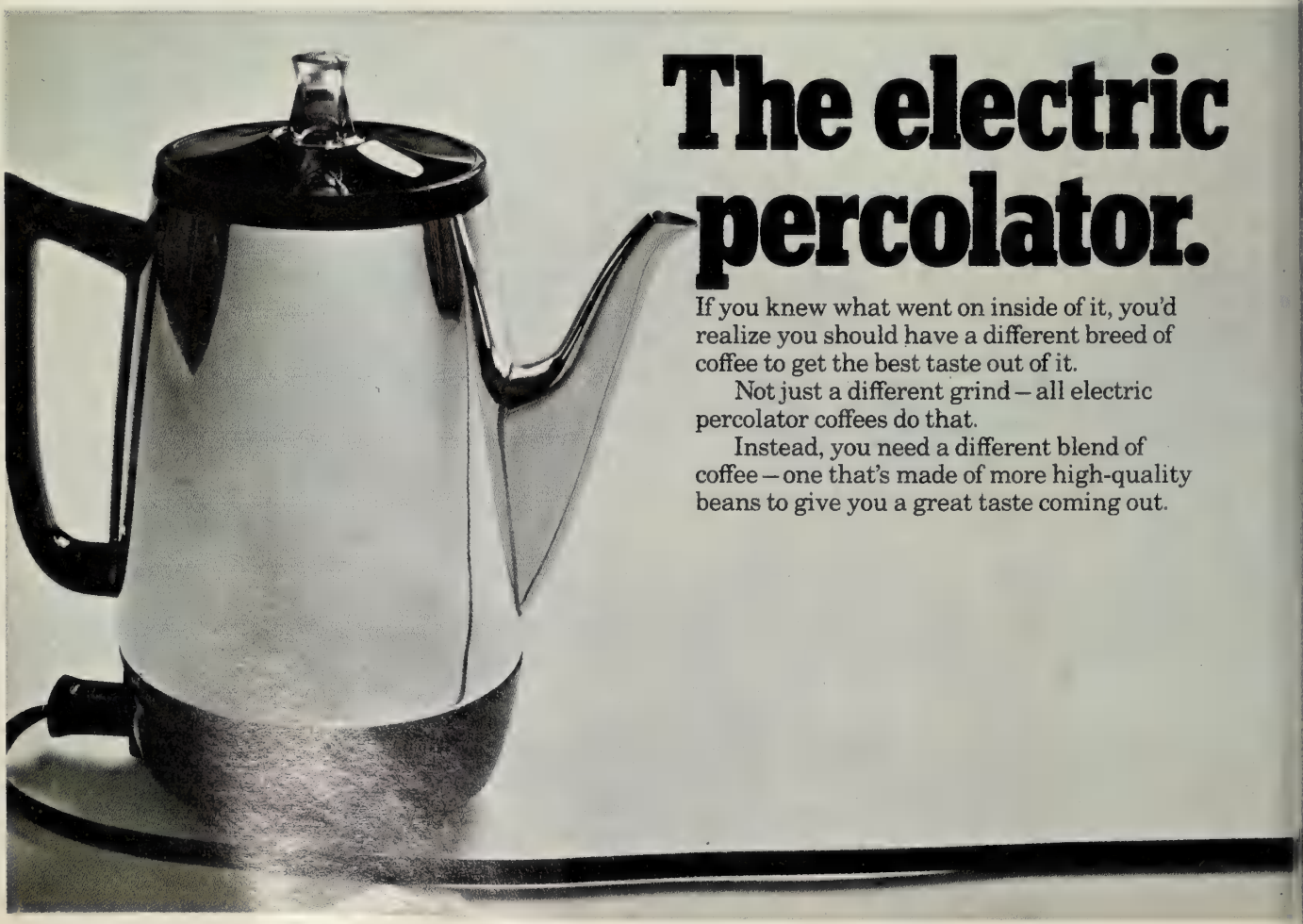
When your menu calls for serving from a buffet, you need a salad that can maintain its crisp textures and fresh colors for several hours. And if you can prepare such a salad in advance, all the more advantage to the cook.

These lightly cooked and marinated fresh vegetable salads fill the bill. All three use a tart oil and vinegar dressing but you vary the seasoning to suit each salad. Add mint for the Roman-style artichoke hearts, dill for the sliced potato salad with caviar, and basil for the colorful cauliflower and green bean salad with tomatoes and eggs.

Marinated Artichokes with Mint

- 24 small whole artichokes (*each* 2 inches in diameter or less)
- Acid water (mix 1 quart water with 3 tablespoons vinegar)
- Boiling, salted water
- 3 tablespoons olive oil or salad oil
- 2 tablespoons white wine vinegar
- 1 bay leaf
- 5 or 6 whole black peppers
- Oil and vinegar dressing (recipe follows)
- 3 tablespoons chopped fresh mint
- Mint sprigs

Pull outer bracts or leaves from art chokes until all showing are pale gree in color. Cut away upper third of eac



The electric percolator.

If you knew what went on inside of it, you'd realize you should have a different breed of coffee to get the best taste out of it.

Not just a different grind – all electric percolator coffees do that.

Instead, you need a different blend of coffee – one that's made of more high-quality beans to give you a great taste coming out.

ichoke and trim stem; place in acid ter to prevent darkening. Drain be- e cooking.

the boiling, salted water add the olive , wine vinegar, bay, and peppers. Add artichokes, cover, and cook for 15 nutes. Drain. Cut each artichoke in lf lengthwise and place in a bowl. Pre- re oil and vinegar dressing; stir in the opped mint and pour over artichokes. ver and refrigerate at least 4 hours or ernight.

serve, arrange artichokes, cut side on a platter. Lightly spoon over me of the dressing to moisten. Garnish th mint sprigs. Makes 8 to 10 servings.

Oil and vinegar dressing. Combine ⅔ cup salad oil, ⅓ cup white wine vinegar, ½ teaspoon *each* dry mustard and sugar, 1 teaspoon salt, and ¼ teaspoon pepper. Stir until well blended. Makes about 1 cup.

New Potato Salad with Caviar

- 2½ pounds (about 4 large) white new potatoes
- Boiling, salted water
- Oil and vinegar dressing (see recipe above)
- ½ teaspoon dill weed
- ½ cup chopped green onion
- 1 jar (about 4 oz.) lumpfish caviar
- Parsley sprigs

Cook the potatoes, covered, in the boiling, salted water just until tender, about 45 minutes. Drain, cool completely, then cut potatoes into ¼-inch-thick slices. Arrange potatoes in a shallow dish. Prepare the oil and vinegar dressing; stir in the dill weed and ¼ cup of the green onion, then pour over the potato slices. Cover and refrigerate at least 4 hours or as long as overnight.

Spoon caviar into a strainer and rinse with cool water; drain for several minutes, then place in a small container set in the middle of a large platter. Arrange potato slices slightly overlapping in rows on the platter. Spoon some of the dressing over potatoes to moisten; sprinkle with remaining green onion. Garnish the serving plate with parsley sprigs. Makes 8 to 10 servings.

Marinated Beans and Cauliflower

- 1 medium head (about 1¼ lb.) cauliflower, broken into 1-inch flowerets
- Boiling, salted water
- ¾ pound green beans, cut in 1-inch pieces
- 1 small red onion, thinly sliced
- Oil and vinegar dressing (see recipe with first salad)
- 1 teaspoon basil leaves
- 2 or 3 tomatoes, cut in wedges
- 3 to 4 hard-cooked eggs, sliced

Cook the cauliflower, uncovered, in the boiling, salted water just until tender, about 3 minutes. Lift out flowerets with a slotted spoon and cool under running water. Add the green beans to the boiling water and cook until tender, about 3 minutes more. Drain and cool. Cut the onion slices in half and separate slices into layers.

In a bowl, combine the cauliflower, beans, and onion. Stir together the oil and vinegar dressing and the basil and gently mix into the vegetables. Cover and chill for at least 1 hour or as long as 4 hours. To serve, lift vegetables from marinade and place in a serving bowl. Garnish salad with tomato wedges and egg slices. Drizzle salad with about 2 tablespoons of the remaining marinade. Makes 6 to 8 servings. □

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GF GENERAL FOODS

DARROW M. WATT

Spoon tender pork cubes *with green chile sauce into warm tortillas. Then plop a little sour cream on top; add tomato wedges and a squeeze of lime*

Pork with green, pork with red ... in a tortilla or over rice

Chiles mildly season these meaty pork stews. Here we offer two versions, one with a green sauce, the other with a creamy red sauce.

This first stew takes its color and exotic flavor from the mild canned California green chiles, green peppers, and fresh coriander (sometimes called cilantro or Chinese parsley). Serve it either with rice or as a filling for warm flour tortillas. Complete the meal with a crisp green salad and fresh pineapple for dessert.

Braised Pork with Green Chile Sauce

Trim and discard excess fat from 3 pounds lean pork butt (boned); cut in 1-inch cubes. In a 12-inch frying pan, heat 2 tablespoons salad oil over medium-high heat; add meat and lightly brown. Push to sides of pan and add 1 large onion (chopped), 2 cloves garlic (minced or mashed), and 2 large green peppers (chopped); sauté until limp. Stir in 1 large can (7 oz.) California green chiles (seeded and chopped), 1 teaspoon oregano leaves, ½ teaspoon grou cumin, 1½ teaspoons salt, ½ cup fre coriander leaves (chopped) or 2 tabl spoons dried cilantro leaves, 1 tabl spoon wine vinegar, and ¼ cup wate cover and simmer until meat is tend when pierced, about 1 hour. Skim off f and discard.

Spoon into serving dish and garnish wi tomato wedges (1 large or 2 mediu sized tomatoes). Serve with rice and off sour cream to spoon over (about 1 cu and lime wedges to squeeze over (abo 2 limes). Makes 6 servings.

As a tortilla filling. Follow above reci except cut pork into ¾-inch cube After pork is tender, skim fat. Then i crease heat to high and cook, uncovere stirring occasionally, until liquid h evaporated. Spoon into serving dish ar bring to the table with tomato, so cream, and lime. Omit rice and ser with 1 dozen warm flour tortillas. T heat tortillas, wrap in foil and place in 350° oven until hot, about 20 minute

To serve, spoon pork into tortilla, ac tomato, sour cream, and a squeeze lime; roll up to eat.

Chile powder flavors the red sauce this dish, a version of chile con carn Serve it with rice and salad.

Braised Pork with Red Chile Sauce

- 3 pounds lean pork butt, boned
- 2 tablespoons salad oil
- 2 large onions, chopped
- 2 cloves garlic, minced or mashed
- 5 to 6 teaspoons chile powder
- 1 teaspoon ground cumin
- 1½ teaspoons oregano leaves
- 1¼ cups water
- 1 teaspoon sugar
- 1½ teaspoons salt
- 3 tablespoons canned tomato paste
- ½ cup whipping cream
- 1 avocado, peeled and sliced
- ⅓ cup thinly sliced green onions (tops included)
- Hot cooked rice
- 2 limes, cut in wedges

Trim excess fat from meat and cut int 1-inch cubes. In a 12-inch frying pa heat the oil over medium-high heat; ad meat and lightly brown. Push to sides c pan, add onion, garlic, chile powde cumin, and oregano; sauté until onion limp. Stir in water, sugar, salt, and to mato paste; simmer, covered, until por is tender when pierced, about 1 hou Skim off fat and discard. Stir in crea and cook, stirring, until cream boils.

Turn into a serving dish and garnis with avocado and green onions. Serv with rice and offer lime to squeeze ove Makes 6 servings.

Win or lose, Wish-Bone people celebrate with good friends and good food. And part of the fun is Wish-Bone Deluxe French Dressing, Creamy. Mild enough for even the littlest Wish-Bone people. Wish-Bone Deluxe French Dressing. For people who really like salads.

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WHAT MAKES A GREAT WINE?

Ask a wine expert to make a list of everything he would require to produce a truly great wine. If he could have everything he wanted, his list would have to start with premium grapes from the oldest vineyards in Northern California where climate and soil match the fine grape growing areas of Europe.

He would insist that these European vines and the whole wine-making process be personally tended by a dedicated winemaker – with the inherited skills of an old-world wine-making family.

Not being restricted by mass production methods, his wine would be mellowed in the unhurried, traditional way – softened in redwood and aged in many small oaken barrels to assure that every drop was delicately caressed by the essence of the wood.

Limestone cellars would be a must to maintain a cool, even temperature to slowly nurture the wine to full maturity.

To identify the subtle differences between batches while further aging in the bottle, each wine bin and each bottle would be numbered for future selection of preferred taste and bouquet.

As you suspected, there actually is a wine made this way. In fact, it's the only wine in the state of California that can honestly claim all of these wine-making advantages. It's called Sebastiani. You won't find it everywhere because wine made this way can't be mass produced. But it's worth looking for. If your wine retailer doesn't have Sebastiani, write us for the name of one in your area who does. We will also be happy to send you our newsletter.

Sebastiani
VINEYARDS
EST. 1825

It's a favorite noodle dish in Thailand

People in Thailand love to eat all kinds of noodles, and one of their favorites, not surprisingly, is made from rice.

In one popular dish these thin rice noodles are first boiled in water and then fried with pork, shrimp, onions, and carrots. A sweet-hot sauce and egg tie the flavors together into a savory mixture. The fried noodles are served with shredded cabbage and bean sprouts to mix into each individual serving. Alongside go green onions; lime is squeezed over the top. Those who like their noodles hotter and saltier can add soy sauce with crushed red pepper.

You will find the thin rice noodles and fresh coriander (sometimes called cilantro or Chinese parsley) in Oriental markets and some grocery stores. The rice noodles may be called rice sticks, long rice, *mai fun*, or *py mei fun*.

Fried Noodles, Thai Style

- Sweet-hot sauce (recipe follows)
- Soy-pepper sauce (recipe follows)
- Water
- 6 ounces thin rice noodles
- 5 tablespoons salad oil
- ¼ pound shrimp, shelled, deveined, and chopped
- ½ pound ground pork
- 1 large onion, chopped
- 2 cloves garlic, minced or mashed
- 1 medium-sized carrot, peeled and shredded
- 2 eggs, lightly beaten
- ¼ cup finely chopped peanuts
- 2 cups finely shredded cabbage
- ¼ pound bean sprouts
- 1 lime, cut in wedges
- 3 to 6 green onions, tops and ends trimmed

Mix together the sweet-hot sauce and soy-pepper sauce; place soy-pepper sauce in a small bowl; set both aside.

Bring about 3 quarts of water to a boil. To the boiling water add the noodles and cook, uncovered, until tender, about 3 minutes. Rinse thoroughly with cold water and drain. Measure and cut remaining ingredients before proceeding.

In a wok or a 12-inch frying pan, heat 1 tablespoon of the oil over high heat. When oil is hot add shrimp and cook, stirring constantly, until shrimp firms and turns pink, about 2 minutes; turn out of pan.

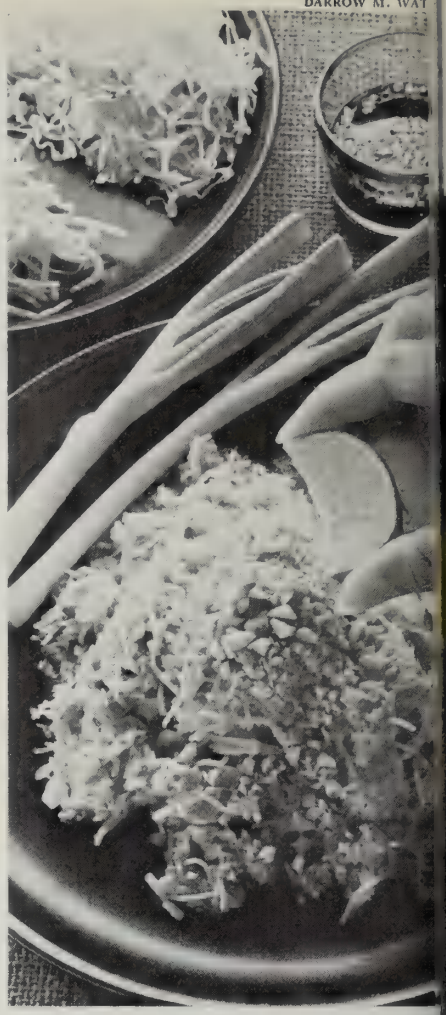
Add another tablespoon oil to pan. To hot oil add pork and cook, stirring to break up the pork, until pork is lightly browned, about 4 minutes. Add onions, garlic, and carrot; cook, stirring, for 1 minute. Add 2 more tablespoons oil to pan, then add cooked noodles; cook, stirring until noodles are heated through, about 2 minutes. Make a well in the center, pushing noodles to sides of pan. Add a tablespoon of oil to well.

Pour eggs into well, and cook, stirring, until eggs just begin to set; then stir into noodles. Return shrimp and add sweet-hot sauce to pan; stir to blend. Turn out onto serving dish and sprinkle with peanuts. Serve with cabbage, bean sprouts, lime, green onions, and soy-pepper sauce alongside, letting each diner mix noodles with vegetables and sauce to taste. Makes 3 servings.

Sweet-Hot Sauce. Stir together ¼ cup tomato-based chile sauce, 2 teaspoons *each* sugar and cider vinegar, ½ teaspoon salt, ¼ teaspoon *each* crushed red pepper and ground black pepper, 2 tablespoons soy sauce, and 1 tablespoon minced fresh coriander (or ¾ teaspoon dried coriander leaves).

Soy-Pepper Sauce. Mix ¼ cup soy sauce with ¼ teaspoon crushed red pepper. □

DARROW M. WAT



A light meal *from Thailand: noodles with raw vegetables, lime, and sauce*

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The eye-level oven Model J785

The wall oven

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"The Historic Roads," one of three "Great Roads of America" films produced by *Sunset* for the Chevrolet Division of the General Motors Corporation, won the grand prize at the 1974 Travel Film Festival of the Vacation and Recreational Vehicle Show in Los Angeles. The film, with Andy Griffith as narrator for the series, explores such significant areas as Lexington and Concord, Mass.; Williamsburg, Va.; the Gold Rush country of California; and Canyon de Chelly, Ariz.

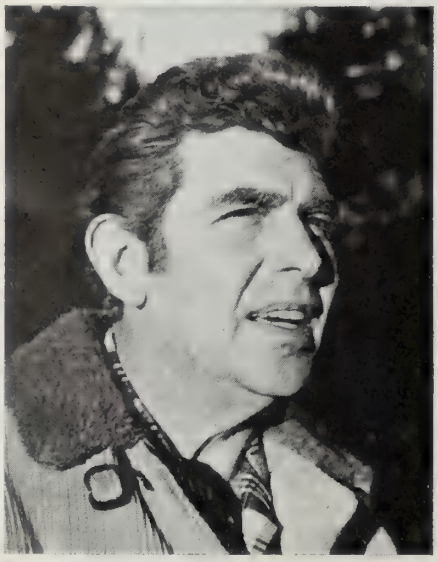
We want to make a winner for you, too

Producing award-winning films requires special know-how. At *Sunset*, the films we produce are an extension of the special expertise and concern for quality demonstrated by *Sunset* Magazine, *Sunset* Books and *Sunset* Special Interest Magazines. We won't take on a project unless we feel we can do the job better than anybody else in the film business. For information on sponsored motion pictures for business and industry, contact Tom Ohliger, Manager, *Sunset* Films, Menlo Park, Calif. 94025, phone (415) 321-3600. Let *Sunset* go to work for your company.

Your organization can borrow these films

Chevrolet's "Great Roads of America" 16mm color, sound films are available on free loan to clubs and organizations through Modern Talking Picture Service offices in Los Angeles, San Francisco, Seattle and other major cities throughout the United States.

Sunset's *film-making expertise is now available to your company or organization for producing quality motion pictures similar to the trophy-winning "Historic Roads," narrated by Andy Griffith.*



Airy puffs of sweet soufflé

An elegant sweet traditionally served *jause,* or afternoon coffeetime in Austri is called Salzburger Nockerln. Nockerl are dumplings or—in this dish—ai puffs of sweet soufflé. Our version baked atop a refreshing lemon sauc then served with spring strawberries.

As with any soufflé, this one must b served as soon as it's baked, but it als is quick to mix, and bakes briefly. T serve after dinner, prepare lemon sauc separate eggs, and measure ingredien ahead of time.

Nockerln in Lemon Sauce

First prepare lemon sauce. In a sma saucepan over medium heat, melt ¼ cu butter or margarine. Combine ½ cu sugar and 2 teaspoons cornstarch; sti into melted butter. Gradually add ½ cup lemon juice and ½ teaspoon grate lemon peel. Cook, stirring until sauc boils and thickens; set aside.

For the soufflé, separate 4 eggs, placin whites in large mixing bowl and yolk in a smaller bowl. Just before baking beat egg whites with ⅛ teaspoon *eac* salt and cream of tartar until stiff peak form. Gradually beat in ⅓ cup sugar beating until whites are very stiff an shiny; set aside. Using the same beaters beat yolks until lemon colored; add 2 tablespoons flour and 1 teaspoon grate lemon peel. Continue beating until yolk are thickened; gently fold yolks int beaten whites.

Pour prepared lemon sauce into an 8 b 10-inch oval baking dish (or anothe shallow dish that holds about 1½ qts.) spoon soufflé mixture in 3 large mound over sauce.

Bake soufflé in center of a 350° oven fo 12 to 15 minutes. Remove from oven dust with powdered sugar, and serve spooning lemon sauce over each serving Garnish with whole strawberries if de sired. Makes 4 to 6 servings.

Lightly spoon *airy sweet soufflé mixture in three mounds over hot lemon sauce*

DARROW M. WAT

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STORE COUPON D-99

PET INCORPORATED

DARROW M. WATT

Couple *dips cucumber, shrimp, and artichoke into homemade mayonnaise in this dinner for two*

Just the two of you? Here are three delicious ways to go

Be it a birthday, an anniversary, or j a day you feel like celebrating, it m call for a special dinner for two.

These three menus are just right: They attractive to serve and so easy they do chain the cook in the kitchen. T amount of seafood and the special cu of meat used are suited for two.

The shrimp platter supper can be pr pared ahead. Both the rack of lamb a pork tenderloin dinner cook quickly. T make sure these cuts are available, ord them from your meatman in advance.

Shrimp platter supper

Feast on cold-cooked shrimp in the she artichoke, and cucumber slices with homemade lemon-dill mayonnaise f dipping all three. Precede the cold finge food platter with a hot soup. You mig try mixing a can (10 oz.) cream asparagus soup with 1 can milk; hea stirring until hot, then add 2 tablespoon dry vermouth.

Accompany the soup and shrimp platt with thick slices of crusty bread and pot of butter. You might also wish t include finger bowls on your table.

For dessert offer a fruit and cheese tra of grapes, sweet crackers, and a sma round of Camembert or breakfas cheese.

Shrimp Platter with Lemon-dill Mayonnaise

Devein about ¾ pound medium-size raw shrimp in shells by inserting a shar skewer beneath the vein in about th middle of the back and carefully pullin the vein out. If the vein breaks, inser the pick in another place and repeat.

Bring to a boil about a quart salte water. Add shrimp and simmer, un covered, about 5 minutes until shrimp pink and firm. Drain, cover, and chil until ready to serve.

Bring to a boil about 2½ quarts wate with 4 tablespoons vinegar, 2 tablespoon salad oil, and 1 teaspoon salt. Slice abou ½ inch off top of one large artichoke break off small leaves at base and wit scissors cut thorny tips from exterio leaves; place artichoke in boiling water Cover and simmer until stem end pierce readily, about 40 to 50 minutes. Lif from cooking liquid and drain; cut base flat, cover, and chill until serving time.

To serve, slightly open center leaves o cold artichoke with fingertips, pluck out the thin inner leaves, and with a small

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on scoop out the fuzzy choke. Fill low with lemon-dill mayonnaise cipe follows). Place in the center of rge platter and surround with shrimp l cucumber slices (you'll need 1 small umber). If desired, garnish with igs of watercress and lemon wedges. *S., Palo Alto, Calif.*

non-dill mayonnaise. Combine in a nder jar 1 egg yolk, 1 tablespoon ion juice, 1½ teaspoons white wine egar, ½ teaspoon *each* sugar and dry stard, and ¼ teaspoon salt; whirl just il blended. With blender turned on, dually pour in ½ cup salad oil; blend il smooth. Stir in ¼ teaspoon dill ed; cover and chill.

Lamb for two

gant rack of lamb is the feature of intimate dinner for two. The rack, sisting of about 8 small chops, is per- tly sized for 2 servings (the meat por- n in each chop is small). Here the b is rubbed with parsley butter, ich also goes over baked potatoes and oked broccoli.

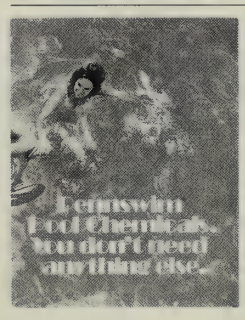
r the salad simply mix torn butter uce with oil and vinegar dressing. A op of vanilla ice cream with a little me de menthe poured over makes a ck dessert.

ck of Lamb Dinner with rsley Butter

rchase a Frenched rack of lamb (meat noved from ends of chop bones) with out 8 ribs. Rub about 1½ tablespoons the parsley butter (recipe follows) er lamb and place in a shallow roast- pan with rib bones pointing down- rd. Insert meat thermometer in ckest part of roast without touching

DARROW M. WATT

Roast rack of lamb *serves two people four small chops each. Parsley butter goes over vegetables and meat*



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Nissin Foods, Gardena, California 90249

bone. Lay 4 or 5 small new potatc (about 2½ inches in diameter) in p beside meat.

Place in a 425° oven and cook 35 mi utes or until meat thermometer rea 145° for medium rare. Potatoes a done when they give readily to pressu in 35 to 40 minutes. If meat is done b fore potatoes, remove from pan and ke warm while potatoes continue bakir

About 5 minutes before potatoes a done, cook ¾ pound broccoli in boili salted water to cover until barely tend about 5 minutes. Arrange lamb a potatoes (cut gash in top, press sides force open) on a platter; serve t broccoli alongside.

To serve, cut lamb between ribs. Off parsley butter to spoon over vegetabl and lamb. Makes 2 servings.

Parsley butter. Mix together 6 tabl spoons soft butter, ⅓ cup minced par ley, 1 clove garlic (minced or mashec ½ teaspoon salt, and ¼ teaspoc pepper until well blended.

Roast pork tenderloin dinner

Baste a small whole pork tenderlo with Sherry-flavored cream as it roast The same basting sauce flavors slov cooked apples and onions. Serve gree beans and warm, soft rolls alongside.

Mix torn romaine leaves with sprigs watercress, cucumber slices, and Italia dressing for the salad. Orange segmen marinated in a little orange-flavore liqueur make a refreshing dessert.

Pork Tenderloin Dinner with Onion-Apple Cream

Place 1 whole pork tenderloin (about 1 oz.) on rack set in baking pan; inse meat thermometer into the thickest par and place in a 425° oven.

Stir together 6 tablespoons whippin cream, 2 tablespoons cream Sherry, teaspoon Dijon-style mustard, and ½ teaspoon *each* salt and horseradish Brush mixture over pork frequentl during roasting; roast 25 to 30 mi utes or until thermometer registers 170

Meanwhile, thinly slice 1 large onion an 1 small Golden Delicious apple. Melt tablespoons butter in a wide frying pa over medium heat and cook the onio and apple, stirring frequently, until lim and golden, about 20 minutes. Add r maining cream baste to onion and appl and bring to a boil; place in a small bow and keep warm. About 5 minutes befor pork is done, cook about ½ pound gree beans (strings and ends removed) in boi ing salted water to cover until barel tender, about 5 minutes; drain.

Arrange pork and green beans on small board or platter, garnish with par ley sprigs and serve onion-apple crear to spoon over. Makes 2 servings.

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½ cup mushroom soup
1 small diced onion
½ cup milk or water
salt to taste

Fry ground beef, onion and salt. Drain. Add soup and milk or water. Simmer and add defrosted, heated vegetables. Turn into greased casserole. Heat through in 350° oven. Serves 4.

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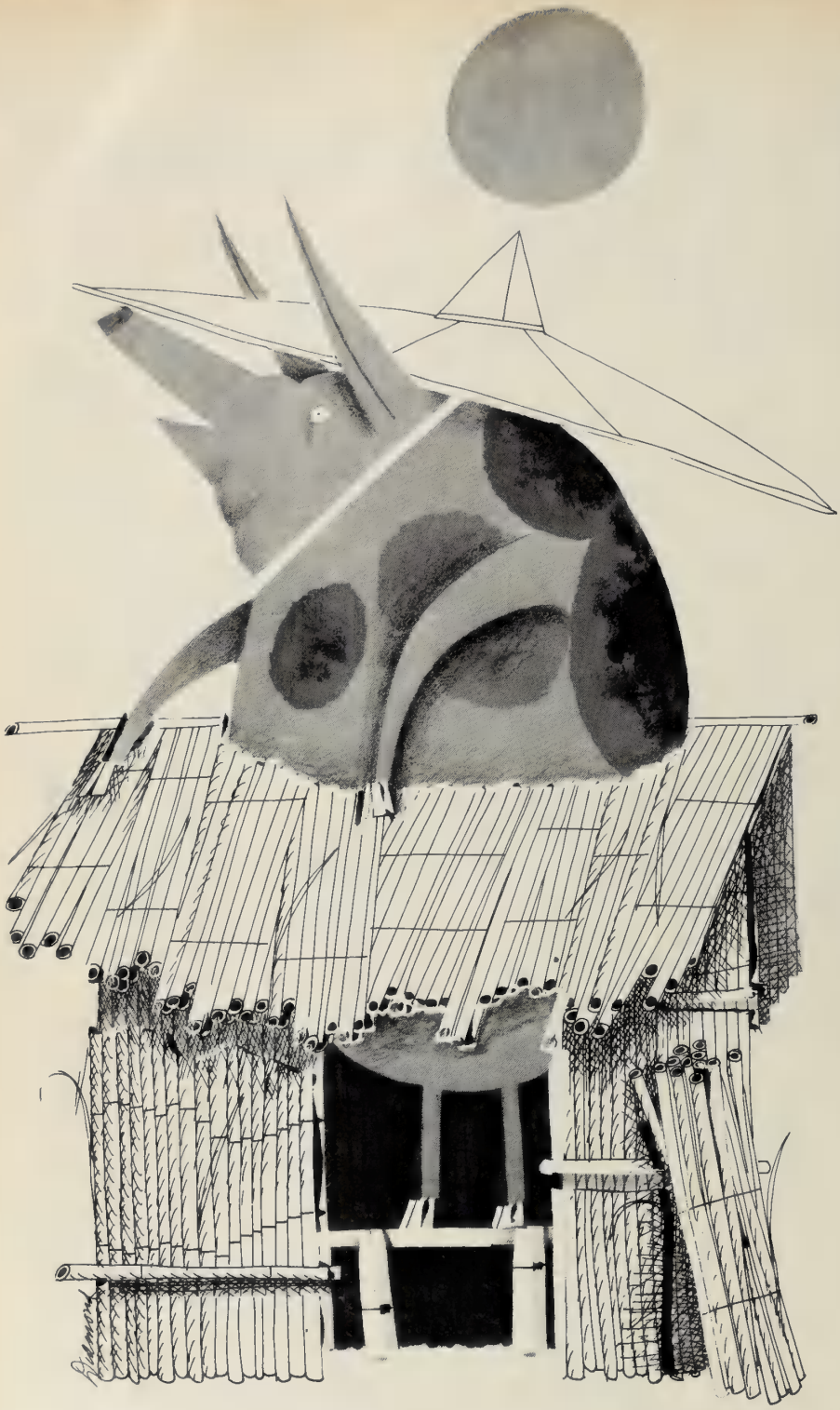

"Take one house, insert pig . . ."

Ancient Chinese recipe surfaces in Mexicali, Mexico

Chefs of the West®

The Art of Cooking . . . by men . . . for men

The most imaginative account of origins of roast pig is that of Cha Lamb. He tells of a careless boy w left in charge of a house in China wh several pigs are napping, allows house to catch fire. When the heat died down, he pokes at a well-done hoping for signs of life, then pops burned finger into his mouth and the first taste of a delicious dish.

Thereafter, says Lamb, houses w specifically constructed for cooking until a later age discovered it could done more economically.

J. Richard Allard discovered a desce ant of the original recipe ("Take house; insert pig . . .") in Mexico. It quires only the pork tenderloin and sc charcoal. Dr. Allard says, "My wife I tried and tried to duplicate this reci About a year and 200 pounds of p after we started, we hit pay dirt."

Pork Tenderloin Allard

- 1 to 1½ pounds pork tenderloin
- ½ cup regular-strength chicken broth
- ½ cup soy sauce
- ¼ cup Japanese sake or dry Sherry
- 6 tablespoons sugar
- 1 teaspoon garlic, minced or mashed
- 1 teaspoon red food coloring

Cut the pork across the grain into 2 o equal pieces. Mix the broth, soy sau wine, sugar, garlic, and food colori pour over pork, cover, and marinate the refrigerator for at least 24 hou turning meat several times. Lift p from marinade, drain briefly and range on the grill of a covered barbec about 4 to 6 inches above a ring of 1 glowing coals. Cover barbecue, adj dampers, and cook about 25 minutes until center of meat is no longer pi when slashed; turn and baste often. serve, cut across the grain in thin slanti slices. Makes 4 servings.

J. Richard Allen

Redlands, Calif.

French toast usually starts with st white bread and ends with powder sugar or syrup. *Chef* Ted Hutchison p fers an unsweetened version that beg with whole wheat and ends with chee and bacon. See what you think.

Cheese Toast Hutchison

- 3 slices whole wheat bread, several days old
- ⅓ cup milk
- 2 tablespoons chopped onion
- ¼ teaspoon *each* salt and pepper
- ¼ teaspoon marjoram leaves
- 1 egg
- 2 tablespoons butter or margarine
- ½ cup shredded mild Cheddar cheese
- Bacon or sausage (optional)

Trim crusts from bread if desired, a cut slices in half either straight or dia onally. In a blender container combi milk, onion, salt, pepper, marjoram, a egg. Whirl briefly to blend. Place bre

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"The Chefs form an ad hoc committee on the Bean"

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End Salad Sog

For example, sometimes salad bowls collect too much moisture. That can add sog to your salad. But if you put a slice of bread in the bottom of the bowl, it will absorb the moisture. And keep everything crispy and crunchy. Just don't forget to slip out the bread before you add the dressing and toss the salad.

Tossing and Turning

The shape your salad is in after you toss it will depend on the shape of your salad bowl. If it's a deep, narrow bowl your greens will pack down. That makes them difficult to toss. And easy to bruise. So next time you look for a salad bowl, look for one that's shallow and wide.

Funny Tasting Salad Isn't Funny

Sometimes you can taste your salad bowl as well as your salad. Because metal bowls without enamel-coatings give off a funny kind of metallic taste. If you have a glass, plexiglass or wood bowl, however, and your salads still have a funny kind of taste, you must have put something funny tasting in your salad.

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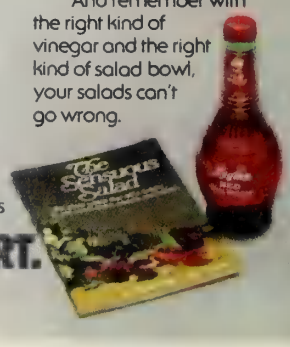
And remember with the right kind of vinegar and the right kind of salad bowl, your salads can't go wrong.



Good Housekeeping GUARANTEES

REGINA®. THE SALAD EXPERT.

in a shallow pan and pour over the mixture. Allow to stand until most liquid is absorbed.

Heat butter in a frying pan or on a gr dle over medium heat; add soaked br slices and brown one side. Turn sli and sprinkle evenly with shred cheese; cook until second side is bro Serve with bacon or sausage if you wi Makes 2 small servings.

Ted Hutchison
Riverside, Calif

A suggestion from Theodore N. Woo "In light of the gastronomic opportu ties, I propose the *Chefs* form an ad h committee on the Bean—to ferret and disseminate recipes."

Mr. Woods implements this fine i with an old family recipe that came fr Cuba by way of Phoenix. Look black kidney beans in markets that st Mexican foods.

Grandma Caldwell's Black Bean Soup

- ½ pound dried black kidney beans
- 2 cups water
- 1 meaty ham hock, cut in 2 or 3 pieces
- 1 large can (47 oz.) regular-strength chicken broth
- 2 green peppers, seeded and diced
- 3 large onions, finely chopped
- 2 cloves garlic, minced or mashed
- 2 bay leaves
- ¼ pound salt pork, diced
- 2 tablespoons dry Sherry
- 2 cups cooked white rice
- Olive oil
- White wine vinegar

Wash beans, place in a bowl, add wat and soak overnight. Pour beans and th soaking liquid into a 5-quart kettle; a ham hock, broth, green peppers, 1 of t chopped onions, 1 clove of the garl and bay leaves. Bring to boiling, cov and simmer until ham is tender wh pierced, about 2½ hours. Lift ham fr kettle, remove skin, fat, and bones; turn meat to kettle. Continue to simm covered, until beans are tender to bi about 30 minutes longer.

Meanwhile, brown salt pork in a fryi pan over medium high heat and add 1 the chopped onions, and the remaini clove garlic. Cook until onion is lim stir into soup with the Sherry. Remo soup from heat; skim fat.

To serve, place about ¼ cup of t cooked rice in each soup bowl a evenly ladle in the soup. Pass the r maining chopped onion, a pitcher olive oil, and a pitcher of vinegar as co diments. Makes about 8 servings.

Theodore Wood
Phoenix

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CHEESES FROM THE LAUGHING COW

these foods had Old World names. W speak of the Irish potato, the Fren bean, the Italian tomato. And the Fren speak of the Barbary fig, none other th the fruit of our own opuntia cactus.

But more of the cactus is edible th just its fruit. *Chef* H. K. Pyles propos a dish of cactus and tomatoes, whi may well launch this plant on its way a world traveler. For the moment, lo for it in Mexican markets or at the gou met counter under the name *nopalitos*

Sonora Succotash

- 1 can (14 oz.) sliced baby tomatoes
- 1 jar (16 oz.) nopalitos tiernos, drained
- ⅛ teaspoon rosemary leaves
- ⅛ teaspoon ground cumin seed
- 1 tablespoon chopped green onion
- 1 tablespoon chopped and seeded, canned California green chiles
- Chopped parsley

Bring tomatoes and their liquid to a bo cook until liquid is reduced by half. R duce heat to low, add nopalitos, ros mary, cumin, onion, and chiles; simm uncovered, for 10 minutes; stir ofte Top with parsley and serve hot as a me accompaniment. Serves 4 to 6.

Seattle

John Wright asks, "What do you do wi a can of sweetened purée of chestnuts The question is rhetorical, since quickly replies, "Make cream puffs."

Choux Mesa Verde

- 1 can (17 oz.) sweetened chestnut purée
- 1 tablespoon dark rum
- 1 tablespoon Grand Marnier
- 2 squares (1 oz. *each*) unsweetened chocolate
- 1 cup (½ pt.) whipping cream
- 2 tablespoons sugar
- 1 teaspoon vanilla
- 30 cream puff shells (recipe follows)

Combine chestnut purée, rum, a Grand Marnier; set aside. Melt chocola over hot water and stir into purée. Wh cream and beat in sugar and vanilla; fo into purée mixture. Cover and chill made ahead. Then let stand at roo temperature to soften before filli cream puffs. Makes 30 puffs.

Cream puff shells. In a saucepan bri 1 cup water to a boil and add ½ c (¼ lb.) butter. When melted, pour 1 cup regular all-purpose flour; s vigorously until mixture forms a ba Remove from heat and allow to cool f a few minutes. Add 4 eggs, one at a tim beating well after each egg. Spoon on greased baking sheets, using about tablespoon of batter for each puff. Ba at 375° for about 35 minutes, or un well browned. Cool; split and fill just b fore serving.

Costa Mesa, Calif.

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Warm crumpets, *riddled with holes, go well with tea or for breakfast*

DARROW M.

Crumpet's a cross between an English muffin and a pancake

Pour *crumpet batter into buttered rings; bake over low heat*

Flip *to brown other side when crumpet appears dry on top*

Crumpets have holes for a reason. How else, ask the British, can a generous amount of butter properly permeate each moist and springy bite? And it's a good case for holes, you'll agree, if you can afford the calories.

Once peddled by the Crumpet Man who carried his wares on a huge tray balanced on top of his head as he walked the streets ringing his handbell, these thin and spongy breadlike cakes hold as much nostalgia for the English as sourdough does for Westerners.

Crumpets can probably best be described as a cross between an English muffin and a pancake. They are served warm, either freshly baked or toasted, with butter and jam, marmalade, honey, or a berry syrup.

You'll need some kind of metal rings to contain the simple yeast batter while it bakes in a frying pan or on a griddle. You can use 3-inch flan rings, open-topped cooky cutters, or as we did, tuna cans with the tops and bottoms removed. Be sure to brush the rings well with melted butter so you can remove them easily before turning crumpets.

Crumpets

- 1 package active dry yeast
- 1 teaspoon sugar
- ¼ cup warm water (about 110°)
- ⅓ cup milk
- 1 egg
- About 4 tablespoons melted butter or margarine
- 1 cup regular all-purpose flour (unsifted)
- ½ teaspoon salt

Combine yeast and sugar; add the wa and let stand about 5 minutes to soft Blend in the milk, egg, and 1 tablesp of the butter. Add flour and salt and r until smooth. Cover and let stand i warm place until almost doubled, ab 45 minutes.

Brush bottom of a heavy frying pan griddle and the inside of each 3-i ring with butter. Heat rings in pan o low heat; pour about 3 tablespoons b ter into each ring. Bake about 7 minu or until holes appear and tops are d Remove rings and turn crumpets brown other side lightly, about 2 m utes. Repeat with remaining bat Serve warm, or cool on a wire rack then toast just before serving. Make or 8 crumpets.

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ake up a batch of Sunkist* Lemon Bars. With a package of tty Crocker® Sunkist* Lemon Cake Mix. Or Sunny Orange rs with Betty Crocker® Sunkist* Orange Cake Mix. Both ve tart, tangy natural fruit flavor. And you make them even nnier by adding real lemon or orange peel. They're easy to ake. Sunny to taste. And sure to brighten up any day.

me of the best things you'll ever bake begin with a tty Crocker Cake Mix.

Betty Crocker·Sunkist* Lemon Bars

Betty Crocker

- 1 egg
- ⅓ cup butter or margarine, softened
- 1 package Betty Crocker* Sunkist* lemon cake mix
- 2 eggs
- 1 cup granulated sugar
- ½ teaspoon baking powder
- ¼ teaspoon salt
- 2 teaspoons grated lemon peel
- ¼ cup lemon juice
- Confectioners' sugar, if desired

Heat oven to 350°. Mix 1 egg, butter and cake mix (dry) until crumbly; reserve 1 cup. Pat remaining mixture lightly in ungreased oblong pan, 13x9x2 inches. Bake about *15 minutes* or until light brown. Beat 2 eggs, granulated sugar, baking powder, salt, lemon peel and lemon juice with rotary beater until light and foamy. Pour over hot crust; sprinkle with reserved crumb mixture. Bake about *15 minutes* or until light brown. Sprinkle with confectioners' sugar. Cool. Cut into bars, about 2x1½ inches. *32 bars.*

High Altitude (5000 feet): For Lemon Bars: Heat oven to 375°. Continue as directed.

ORANGE BARS: Heat oven to 375°. Substitute 1 package Betty Crocker Sunkist* orange cake mix for the lemon cake mix, orange peel for the lemon peel and orange juice for the lemon juice.

High Altitude (5000 feet): For Orange Bars: Reduce granulated sugar to ¾ cup. Continue as directed.

Look for other delicious recipes on all of our cake mix packages.

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GLENN CHRISTIA

Scoop sculpted dip *with Arabic bread wedges, as shown, or sesame crackers*

Garbanzos in a Middle Eastern di

You can start with a can of garban or a product called *hommus* to m this Middle Eastern dip.

Hommus (*home*-muss) is sold in the menian markets described in the arti that begins on page 90. It can be u directly from the can, but its flavor enhanced with a few fresh ingredie Or with a blender you can easily ma the dip from canned garbanzos a either sesame paste (called *tahine*) sesame seed and oil.

Armenians often serve hommus as sho above. They smooth the top, then us small spatula to mark a design. Wh olive oil (about 1 tablespoon) is drizz over, it pools in the depressions. garnish instead with chopped parsl or a few garbanzos set aside from ca

Hommus

Drain and save liquid from 1 can (oz.) garbanzos; turn garbanzos into blender. Add 2 tablespoons *each* toast sesame seed and sesame oil (or use ol oil and increase sesame seed to ¼ cu 3 tablespoons lemon juice, 1 large clo garlic, and ¼ teaspoon ground cum (optional). Pour in ¼ cup of garban liquid and blend, starting and stoppi motor and adding more liquid if need until smooth and the consistency heavy batter. Season to taste with s and pepper. Garnish any of the wa suggested. Makes about 1½ cups.

To make hommus with tahine, omit t sesame seed and oil in recipe above; u ¼ cup sesame paste (tahine).

To serve prepared hommus, turn 1 c (15 oz.) hommus into a bowl and stir 1 tablespoon lemon juice, 1 clove gar (mashed), ¼ teaspoon ground cum (optional), salt and pepper to tas Garnish and serve as above.

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The Electric Char-B-Que plugs into any ordinary outlet and can be used outdoors, in the garage or terrace, even in the fireplace.

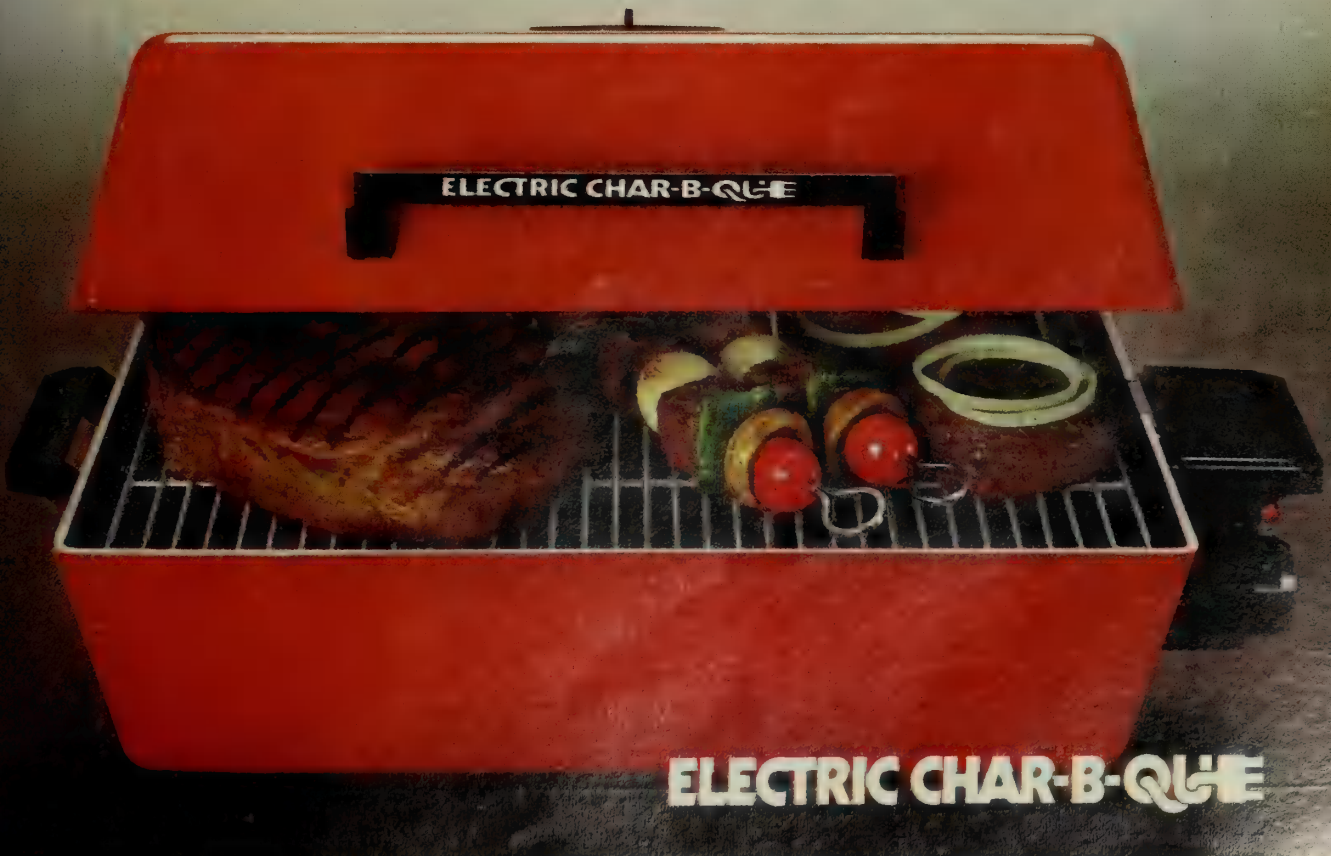
All you do is set the dial to the proper temperature and the "fire" starts. There's no dangerous starting fluid. No waiting for the fire to get going.

It lets you grill, bake, smoke, broil and roast (you can give your oven and broiler the summer off). And comes in yellow, avocado, black and orange and has a tough, aluminum housing guaranteed not to rust. And a cooking area large enough to cook for a whole family and then some.

And, unlike gas barbecues, there is no costly installation or propane tanks to worry about.

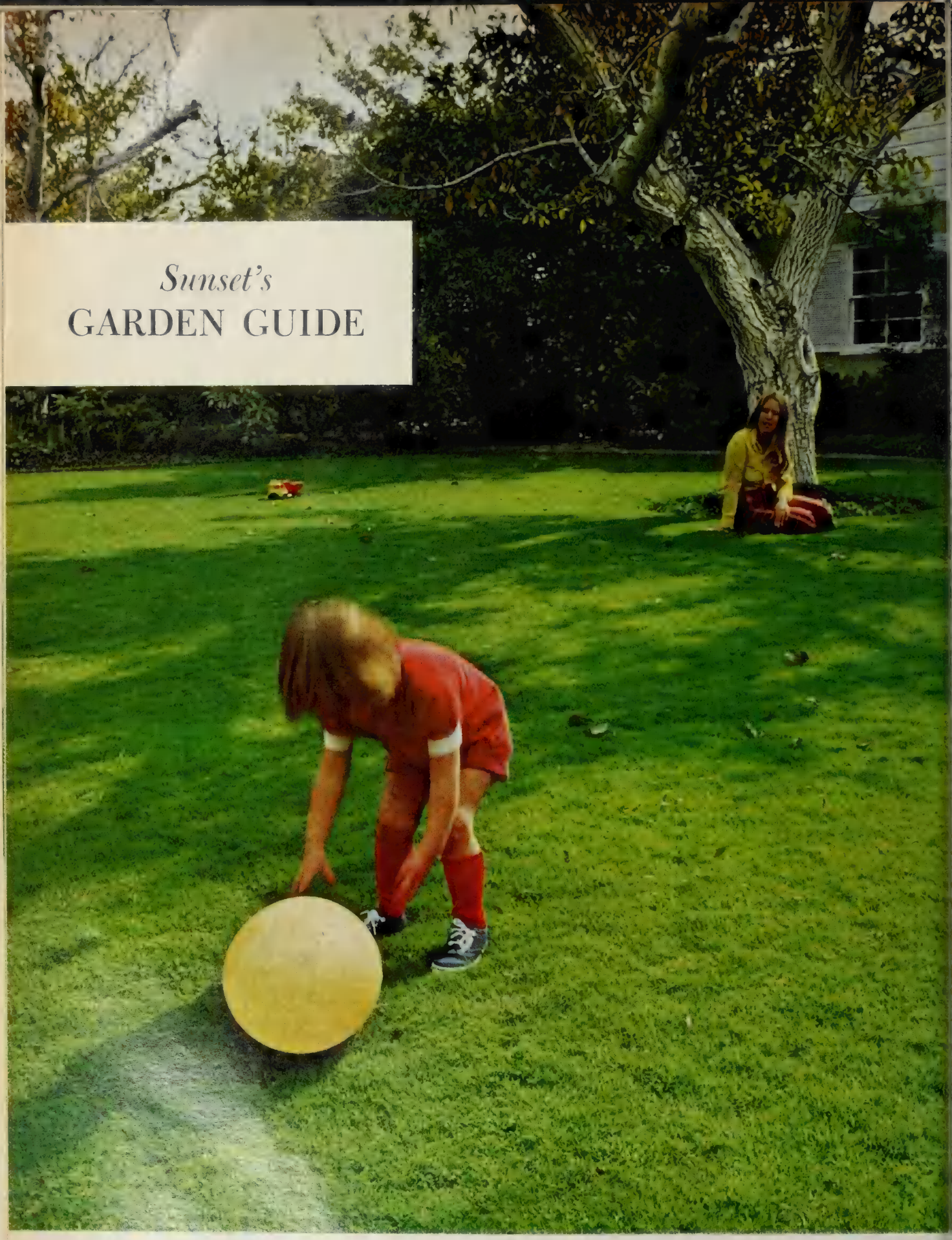
The Electric Char-B-Que. In addition to our deluxe $60 model shown here there's also our $39.95 economy model. Both use less energy than your kitchen oven. And both give you that great charcoal taste.

Without charcoal.



The Electric Char-B-Que is available at: Arizona: Bostrom's, Diamond's, Rhodes. **Northern California:** Bullock's, Capwell's, Emporium, Gottschalk, Mc[illegible] Weinstock. **Southern California:** The Broadway, Buffum's, Bullock's, May Co., Robinson's, Walker-Scott. **Hawaii:** Gem, Holiday Mart, Liberty House, Na[illegible] The Broadway, Weinstock's. **Oregon:** Lipman's, Meier & Frank. **Washington:** Bon Marche, Ernst Home Centers. **Nationwide:** J. C. Penney Co., [illegible] stores; and other fine department stores.

For a free recipe book and the name of your nearest dealer write: Electric Char-B-Que Inc., New Shrewsbury, New Jersey 07753



Sunset's GARDEN GUIDE

NORMAN A. PL

Underfoot . . . tough hybrid Bermuda

This velvety lawn is 'Tifgreen' hybrid Bermuda grass. Planted in spring, it filled in solidly by midsummer, was photographed in November. It grows in Northridge, n Los Angeles, in a climate like the Central Valley's

IAY IN YOUR GARDEN:

Still time to plant summer color, summer crops

you compare the garden year to a nmer's day, the month of May is late rning. The sparkling, dewy early urs have passed and the heat and den haze of afternoon are not far off. y to finish your heavy garden work as n as you can, so that you can take an ernoon siesta without guilt.

at means plant hot-weather ornantals and crops now if you haven't eady done so. Weed, water, wait—n enjoy.

e hybrid Bermudas . . . swers to lawn problems?

e splendid lawn in the photograph on opposite page is 'Tifgreen' Bermuda ss, one of the newer hybrid Bermudas t have all the advantages of common rmuda grass and few of its problems.

rmuda grass has been a dirty word in ch of California for many reasons: It invade places where it isn't wanted, ner by seed or by aggressive surface d subterranean runners; its seed heads unattractive; and it turns to a dull irie beige during the winter. The new rid Bermudas are less aggressive, ve fewer seed heads and no live seeds sprout in unwanted places, and hold ir green longer into autumn.

u can foil common Bermuda by plant- one of the better-mannered hybrids. ailable kinds are 'Santa Ana,' 'Sunf,' 'Tifdwarf,' 'Tifgreen,' and 'Tifway.'

hough you're most likely to see hybrid rmuda lawns in places with warm nmer nights—Sacramento, Fresno, or dding—their use is growing around n Jose and Santa Rosa. And Bermuda ss will grow in a marine climate; comn Bermuda thrives in Oakland's Lake-e Park, and the practice field of the n Francisco 49'ers in Redwood City is hybrid Bermuda.

ere are three ways to install a hyd Bermuda lawn: by sod, stolons, and gs. Sodding, usually done by comrcial landscapers, is the fastest and st expensive way. Stolons, cut-up gths of runners, are less expensive and l quite fast. Plugs, cut from a neighr's lawn or from flats bought at the rsery, are slower, but can still give good cover within three or four months if set 8 inches apart.

Warm weather is the time to plant, and doing it in late April or May gives the grass a long season to get firmly established. See your local nurseryman for further advice and for sources of supply.

The filler faucet caper

The watering device you see below is called a flexible-spout filler faucet; it's the thing that service station attendants use to fill your radiator. It turns on with simple thumb pressure and turns off when pressure is released.

The one you see here is used in a greenhouse, but it would be equally useful in a garden work area or in a plant room or deck with a number of container plants. Its great merits are that it doesn't leave a wet trail between pots and it doesn't waste water. And the angle of the spout makes it handy for watering hanging baskets.

Its connection fits any standard hose. The one you see here is on a custom-made hose; because its owner wanted the hose to slip through ⅞-inch spaces between slats on the greenhouse bench, he took ⅜-inch (inside diameter) plastic tubing and put 7/16-inch garden hose couplings on both ends (⅜-inch fittings proved too tight).

Welcome to Sunset country

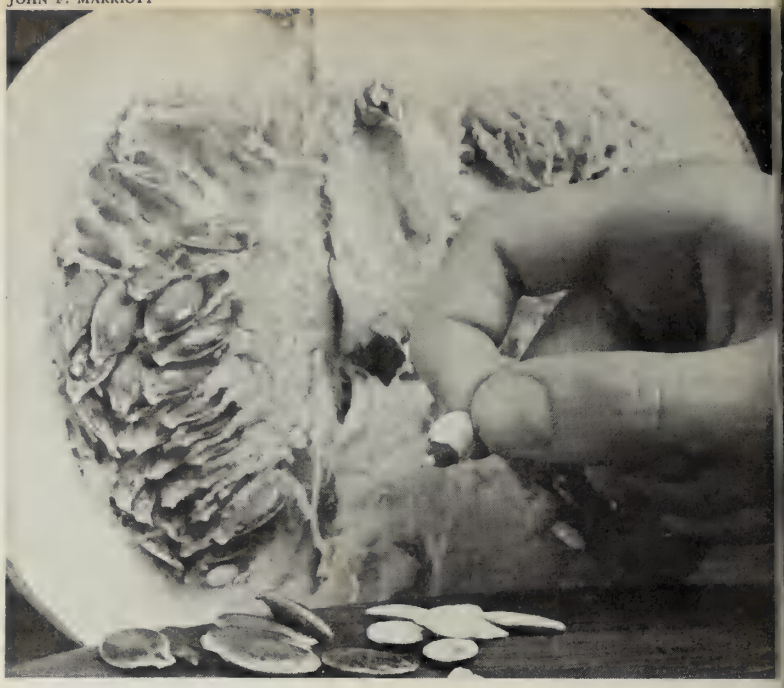
For many years Harry E. Saier, of Dimondale, Michigan, was the man you turned to for seeds you couldn't find

PETER O. WHITELEY

A squeeze *of the thumb turns on the water, releasing the thumb turns it off. It's a flexible-spout faucet—the car radiator-filling kind*

Sunset's GARDEN GUIDE

JOHN F. MARRIOTT



'Lady Godiva' *pumpkin seeds (left and in pumpkin) are naked—they lack hard white coat of common seeds (right and in hand). All you do is roast and eat the*

anywhere else. Mr. Saier has retired after 62 (yes, 62) years in the seed business. Fortunately the business will continue.

The new firm is J. L. Hudson, Seedsman; the address is Box 1058, Redwood City, Calif. 94064. His 50-cent catalog looks much like the old Saier catalog and contains much of the same material, including many tree and shrub seeds.

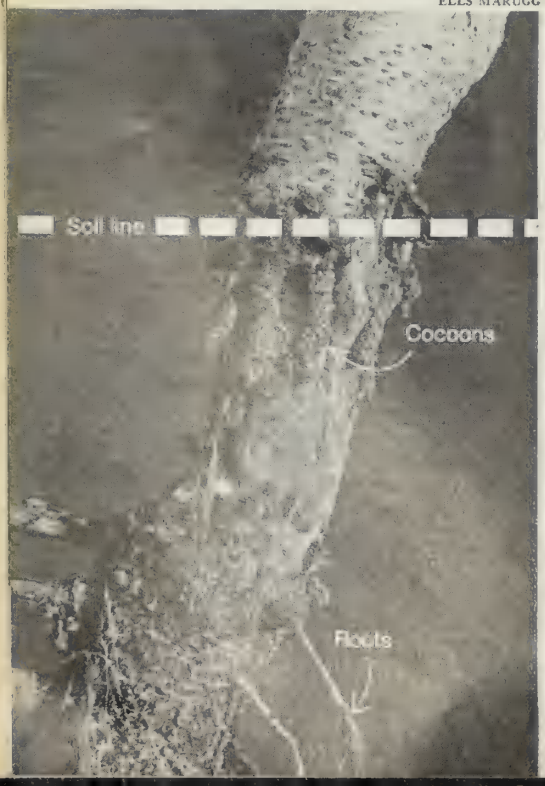
Gardens by the sea

Wednesday, May 8, is the date of the 21st Spring Garden and House Tour sponsored by the Monterey Peninsula Volunteer Services (MPVS). The tour takes you through 10 gardens (5 in Carmel, 5 in Pebble Beach) and 3 house interiors. Tickets, which cost $5 and include tea, are available from the MPVS, Box 2004, Carmel 93921. Make checks or money orders payable to Monterey Peninsula Volunteer Services.

Gardens include some that are intimate, some that are grand. Many feature lovely views of the sea, the mountains, and the forest.

Borers *destroyed this young peach tree by girdling trunk. They left behind 1½-inch cocoons opening near soil line*

ELLS MARUGG



The fatal peach tree borers

It's a good idea to inspect the trunk bases of young peach, apricot, and plum (fruiting or flowering) trees to forestall borer attacks like the one that did in the peach tree at the left. Old trees are weakened by such attacks and slowly perish; one and two-year-old trees can die in a single season.

Often the first sign of borer damage is flagging or wilting of trees during the heat of the day; borers have destroyed so much of the tree's cambium (its internal plumbing) that it can't draw enough water to keep the leaves plump. Another sign of damage is the appearance of large, ugly masses of gum mixed with sawdusty excrement (frass) at the base of the tree.

If you have only a few trees, you won't need chemical controls. Dig away soil at the base of the plant down to the level of the first roots. Remove gum deposits to locate borer holes. Then poke a wire into the hole to kill the borer, or dig it out with a penknife; the tree can stand quite a bit of cutting as long as cuts are vertical rather than girdling, horizontal cuts. Paint with tree seal and refill around the base of the tree with gravel to keep bark of trunk and main roots dry.

When you plant new fruit trees, gravel around the trunk bases and a small dike around the trunk (to keep out irrigation water) will keep lower bark dry borer attack to a minimum.

The insect that lays the eggs that h into borers is a moth called the P or Western peach tree borer (*Sannin exitiosa*); a related insect (*Ae exitiosa*) does the same dirty dee Utah. The exitiosa part of the nar appropriate; it means fatal.

Eight best-seller fuchsias

May is a good month to shop for f sias; nursery plants are well rooted, branched, and growing strongly. I them out in the ground or in po hanging baskets now, feed and w them often, and you will have full, sh plants for summer and fall bloom. asked Ken Doty, a Berkeley nursery noted for his fine fuchsias, to nam customers' favorites.

Here, in order of their popularity, eight favorites—not the newest, bu rieties that have grown and flow well in the San Francisco Bay Area.

'Pink Galore.' Double trailer with l upturned deep pink sepals and soft corolla.

'Voodoo.' Double upright with fl deep red sepals and darkest pu corolla. Strong grower.

'Red Jacket.' Double trailer, with l upturned bright red sepals and full, f white corolla.

'Anna.' Double trailer with very l flowers. Deep red sepals; corolla red blending to rose. Heat resistant.

'Illusion.' Semidouble trailer with fla white sepals, pale blue corolla stre with white.

PETER O. WHITELEY

Kit *for growing seedless watermelon includes seed, expanding peat pots, complete instructions*

[andarin.' Semidouble trailer with pink ›als and orange-red corolla.

exas Longhorn.' Semidouble trailer th spreading (to 7 inches!) red sepals, ›ite corolla. Not the easiest to grow.

'Whirlaway.' Semidouble trailer with long white sepals tipped green, large white corolla that develops a pink blush as it matures.

Grow cucurbits for fun and provender

The word for the cucurbits (melons, squashes, and their relatives) is "galumphing." Lewis Carroll's coinage aptly describes the galloping nature of the vines and the lumpish nature of their fruits. Most curcurbits run about the garden taking up much space and yielding nothing very remarkable in the way of produce. But there are surprises even in this stolid group; here are a few to plant now that warm, settled weather has come to stay:

'Lady Godiva' pumpkin. This pumpkin is grown for its seeds, not its flesh. The seeds are naked, hence the name of the variety; their nakedness consists in not having the hard white seed coats that most pumpkins have. You don't have to hull them—just roast, salt, and eat them.

'Cinderella' pumpkin. Don't expect these to turn into coaches; indeed, their merit consists in not traveling. Plants are compact bushes that cover only 6 square feet per plant. Pumpkins are round, orange, 10 inches in diameter, and of good flavor.

'Gold Nugget' or 'Golden Nugget' squash. Until recently the sweet, firm-fleshed winter squashes all grew on straggling vines that took up an inordinate amount of garden space. That is changed now; vines of 'Gold Nugget' and 'Table King' are no larger than those of bush-form zucchini. 'Gold Nugget' is a buttercup squash—round, somewhat flattened from stem to blossom end, and having a prominent button or navel. Each plant bears from five to eight bright orange, 2-pound fruits.

'Table King' squash. Fruits of 'Table King' are dark green, heavily ribbed with orange flesh. They weigh 1½ pounds.

'Seedless' watermelon. Seedless watermelons have been around for some time, but this year a California nurseryman has put out a kit that contains seed of the seedless watermelon (yes, Virginia), seed of a pollenizing variety, three little peat pots to start them in, and a book of instructions and explanations. The kit costs a little less than $1.

(If you can't wait for an explanation, the seedless watermelon seeds are sterile triploids from handmade crosses involving two parent lines; flowers, when pollinated by another watermelon, set fruits with no seeds or with little white seeds like those in cucumbers.)

MAY CHECK LIST: *Here are the important jobs*

☐ **Annuals.** Set out plants of hot-weather annuals including ageratum, fibrous begonia, celosia, marigold, verbena, *Vinca rosea,* and zinnia. Buy young, fresh-looking, compact plants, without blooms if possible.

☐ **Bulbs.** Remove faded flowers and developing seed pods from bulbs; feed and water them to keep foliage growing as long as possible. Buy and plant tuberous begonia seedlings or started tubers; feed growing plants frequently but lightly. Continue to plant gladiolus for summer bloom.

☐ **Fruit.** Thin apples, apricots, peaches, and plums when fruit is marble size to improve mature fruit size and lessen danger of limb breakage. Apples, peaches, and nectarines should be 6 to 10 inches apart; apricots and plums 4 to 6 inches apart.

☐ **Lawns.** Plant lawns of subtropical grasses (Bermuda, St. Augustine, zoysia); also plant dichondra now from seeds or flats. Examine dichondra carefully for signs of flea beetle damage (leaves will be rasped as if by leaf miners); treat with diazinon or dursban if damage is evident. Mow lawn frequently and with a sharp mower; grass that gets too tall gets yellow at the base of the blades. Dull mower blades cause ragged, brown leaf tips.

☐ **Nursery shopping.** Roses and fruit trees canned up from bare-root stock last winter should be ready to buy and plant out now; roots should be well enough developed to hold the soil ball together. Get subtropicals like hibiscus into the ground as soon as possible in order to enjoy a long bloom season from them. With vegetable plants from flats or small pots, fill in any gaps created by harvesting of early vegetables.

☐ **Perennials.** Set out plants of carnation, chrysanthemum, geranium, or pelargonium. Pinch tips at planting time to induce bushiness—or take tip cuttings to increase your stock of plants.

☐ **Pruning.** Rub out sucker growth from the bases and trunks of standard roses, oleanders, or other standard-trained shrubs. Cut out branches of deciduous spring-flowering shrubs after bloom is over (or cut branches for bouquets). Prune out pear or pyracantha branches damaged by fireblight; sterilize tools between cuts.

☐ **Rhododendrons.** See page 214 for planting advice.

☐ **Roses.** Cut roses with long stems; make the cut above an outward-facing leaf with five leaflets. The bud in the joint of this leaf will grow into another long-stemmed rose. Feed plants after bloom. Water deeply. Hose off plants with a strong water jet from time to time to wash off aphids and discourage spider mites.

☐ **Vegetables.** Set out the solanaceous vegetables—eggplant, pepper, tomato. Make sowings of corn every two weeks for a succession of fresh, prime ears. Plant in blocks, not long single rows. See page 104 for good ideas.

☐ **Watering.** Conserve water and frustrate weeds by watering larger plants with watering basins, row crops with furrows. Mulches help too. □

1. *Add organic-based fertilizer to planting mixture composed of equal parts sawdust, lava rock, and composted bark. (Fertilizer helps sawdust break down.) Power tiller will mix amendments and soil*

2. *Dig planting hole just deep enough so that a third of rhododendron's root ball remains above the soil level. That gives roots better chance to get good drainage they need*

Tricky-to-grow rhododendrons will behave themselves if you soil-build correctly... and use a mound

What makes a rhododendron happy? Most people would say shade, but in northern California that's usually not the most critical factor.

Rhododendrons owe their tricky-to-grow reputation mostly to their special soil requirements. They need soil that lets a lot of air get to the roots, that drains fast yet retains some water, and is acid. Unfortunately, soil in many parts of the West is exactly the opposite: dense, slow draining, and alkaline.

But even if your soil is far from ideal, you can grow rhododendrons in most parts of the West except the deserts and highest mountain areas. All you have to do is alter your topsoil's basic character and plant in a special fashion. These two acts of accommodation are shown here—building up the soil with several kinds of amendments and planting with a mound.

The photographs show how an entire rhododendron garden was planted at *Sunset's* headquarters in Menlo Park in just two days last May, under the supervision of Everett Farwell, a rhododendron grower from Woodside, California. Here is how you can use the same planting method.

Improving the soil

Begin by adding a 3 to 6-inch layer of amendments to the soil. Three amendments are used in equal parts: sawdust, lava rock, and coarse bark (acorn size) or any coarse fibr material. Sawdust is an excellent rooting material for rho dendrons; add to it a source of nitrogen, such as orga fertilizer, at planting time. Also add soil sulfur according package directions to acidify the soil. Lava rock is porous a retains water; you can buy it in several sizes down to ¼ ir (smaller sizes are better, but bigger ones will do). Coa bark serves to keep the sawdust from packing down and l air pass easily to the roots. Mix these amendments thorougl with the upper inches of garden soil.

Building the mound

The second important step occurs during the actual planti Adding various soil amendments will raise the new soil abc the old soil line and thus will give better drainage. But ev so, plants should be set so that a third of the root ball is abc the new soil line. This is just one more way to insure f drainage. Then mound up more soil mix around the outsi of the root ball to make a basin that will direct water into t root ball. Otherwise, water might run down the sides and t root ball could dry out. A final mulch completes the planti

Remember that rhododendrons stand up better to heat if nig temperatures drop below 60°. It is best to water plants and cool leaves with mist-spray *at night* during hot spells.

DON NORMARK

. *Rhododendron goes into hole. Just before this step, gardener firmed layer of lava ·k and soil mix on bottom of hole to ıke sturdy foundation for root ball*

4 · *Mound up soil mix to make catch basin around above-ground root ball. Cover roots with mulch to help keep them cool. Mulch is composed of two parts coarse composted bark and one part lava rock*

oof of success. *A year after planting with mound method, fragrant, white 'Forsterianum' rhododendron blooms*

PETER O. WHITELEY

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Available at Leading Nurseries

NORMAN A. I

Wandering *pittosporum*
this way from constant prun
He's pinching off new side gro

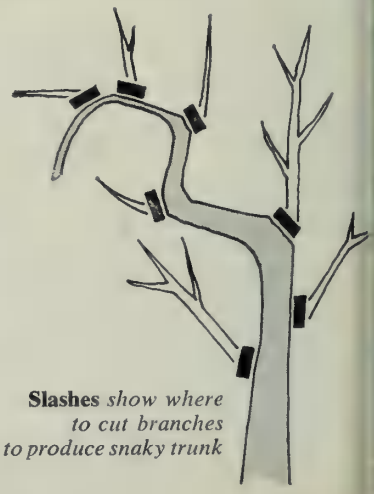
After 10 years of wander pruning

The brazen *Pittosporum tobira* sho above would never get lost in a crowd other pittosporums. Normally a featu less rounded shrub, constant prun changed this one.

Pruning started 10 years ago, right a the plant was set out from a five-gal can. The erratic pruning method shown in the diagram below.

New growth is not pruned off until i about 6 inches long and just getting f and woody. Keep stripping off respro ing side shoots to keep branches cl and smooth.

This snakelike pittosporum is in garden of Edward Lau of the Silver L district of Los Angeles.



Slashes *show where to cut branches to produce snaky trunk*

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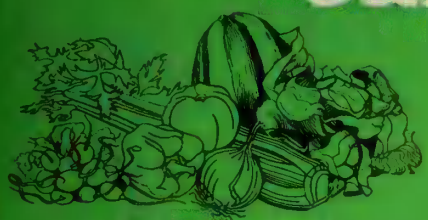
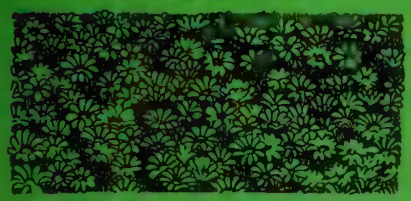


for vegetables!



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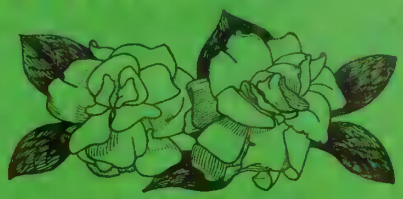

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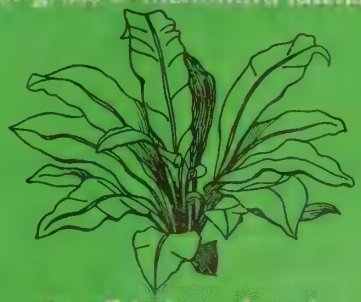

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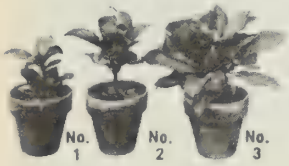

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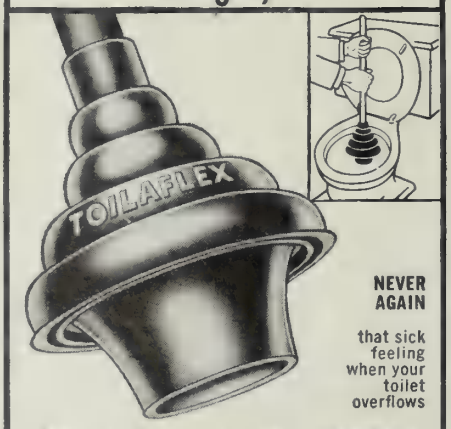

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DARROW M. W

Bronze-red flowers *with dark centers, 2 inches wide, are heleniums, a summer and fall-blooming perennial*

A great daisy . . . an unfortunate name

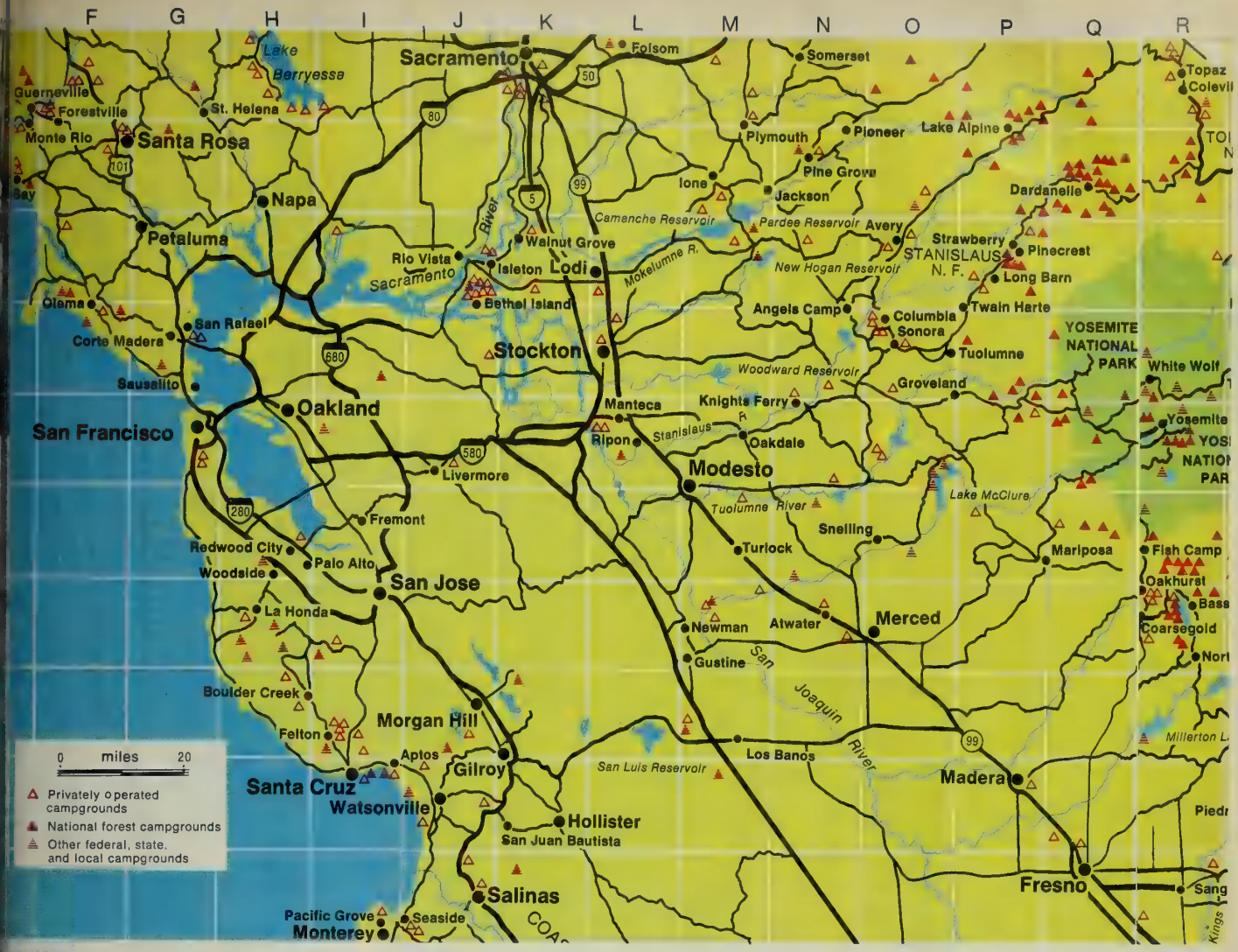
Gardeners may not think of plantin *Helenium autumnale* because they'r simply too busy with other, bette known members of the daisy family. O they may actively avoid it because of it common name, sneezeweed (an unfor tunate misnomer). As a result, a goo garden flower is not widely grown an no longer easy to obtain.

Heleniums are native to many parts o North and Central America. Varietie of this hardy perennial will grow in mos Western climates, but do best in coo moist areas. (Helenium probably will no survive in low desert zones, but ma grow at higher elevations. It's usuall an annual in Southern California.)

Varieties grow from 2 to 6 feet tall Their flowers, 2 to 3 inches wide, range from yellow, orange, bronze, red, t brown. They bloom in late summer an fall and are good for cutting. Becaus plants bear lots of flowers and get talle and lankier as they bloom, plant them at the back of a border or in an informa or wild garden.

A few nurseries in the Northwest sel plants, and a few mail-order firms sel seeds. Sow seeds in a sunny spot in fairly rich, water-retaining soil. Thin seedlings to 18 inches apart. Pinch back all tips until mid-June to make plants bushier and heavier blooming. Divide established plants every year or two in spring so they won't grow too lanky.

You can order seeds by mail from J. L. Hudson, Seedsman, Box 1058, Redwood City, Calif. 94064; and George W. Park Seed Co., Inc., Box 31, Greenwood, S. C. 29647. □



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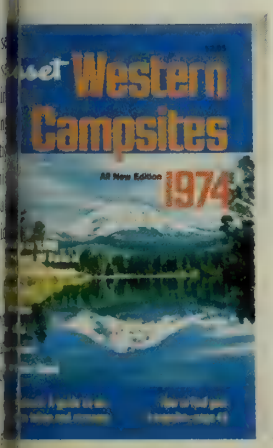

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Vegetables: a getting-started timetable

High food prices and some other things will mean that lots of people will grow vegetables for the first time this year. A mistake that most brand-new vegetable gardeners make is to buy their plants or seeds first, then take them home thinking they'll plant them right away. To do a good job, you need at least several hours and preferably several days of preparation first. Planting is the final act. Here is how it goes:

Before cultivating

A week or so before you plant, select the vegetable garden site. It should be the sunniest, levelest, richest soil spot in your garden, as close to a water faucet as possible.

Three or four days before you plan to cultivate, go out and test the soil. If it's too dry and hard to dig with a spade or work with a power tiller, soak it immediately with a sprinkler for an hour or longer.

By the time you're ready to cultivate, it should dry out enough to be the ideal softness for tilling. One way to recognize ideally workable soil is to dig out a spadeful, lay it on the ground, and whack it. If it's right, it will crumble i powder and clods.

If there are green weeds on the plan to dig or rotary-till them in. If weeds bind your tiller, turn off the chine, sickle the growth, and put it the compost.

If you are going to dig up a lawn your vegetable garden, however, thi are different. An old lawn is made u a little layer of green (what you see) top of a thick layer of strawy, br thatch (what you don't see). If you or rotary-till this matty stuff into the underneath, big clots of it may rem intact for months or years without coming part of the soil.

Instead, if you are planting in a l area, scrape off the sod and remove i sections. To compost sod, pile chu together upside down. (If the gras Bermuda, forget it—take the remo thatch to the dump and resign your to fighting fresh Bermuda intrusions summer.)

The cultivating, itself

Now comes the digging or rotary till Do you know why you do it? Mainly, to put air (oxygen) among the soil pa cles. Root tips need oxygen. They d find much of it in soil that's hard c pressed. Also, water and root tips penetrate soft soil.

But if you just dig the soil, without a ing anything to it, air begins to leave soil the first time it gets soaked with irrigation or a late spring rain.

That's where soil amendments come —peat moss, leaf mold, mushroom c post, and many other substances are s for this purpose. You dig or rotary them in to keep air in the soil. spongy kind of stuff keeps some air th by keeping the soil particles apart.

Just a little bit of soil amendm doesn't do the job. You should mix enough to make ⅓ to ½ of the volu of the prepared soil.

Spades and rotary tillers typically pe trate about 9 inches. So, to mix up to ½ mixture, you should spread material 3 to 4½ inches deep. Then or till it in as thoroughly as possible.

After cultivating

When you think you've dug or til enough, rake the ground smooth. If y raking keeps bringing up mostly ro and inorganic trash, scoop it up dump it somewhere. If it brings mostly clods and straw and such, the rakings on a compost pile or r them back into the soil.

Finally, rearrange the soil to take wh ever shape you want for the irrigati scheme you're going to use.

Then you're ready to go get and pl the seeds and the plants for this yea first crop.

Richard Timm, "Eastern Cottontail," Plate 9, $50; color brochure free on request.

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May garden events . . . Bay Area to Reno

ortuna. May 1. Flower show sponsored y the Fortuna Garden Club. Place: Monday Club Building, N. Main St. Hours: noon to 8 P.M. Free.

aradise. May 1. Flower show presented y the Paradise Garden Club. Place: lks Club, 6309 Clark Rd. Hours: 1:30 6:30 P.M. Free.

Valnut Creek. May 3, 4, and 5. Flower how presented by the Heather Farm arden Center. Preview party Friday, to 9 P.M.; donation: $5 single, $9.50 ouple. Hours for flower show: 10:30 M. to 8 P.M. Saturday; 10:30 to 4 unday. Free. For further information, rite to Mrs. M. L. Jory, 170 Wooten r., Walnut Creek 94596.

armel Valley. May 4 and 5. Annual ower show sponsored by the Carmel alley Garden Association. Place: Turcitos School Multipurpose Room, Via ontenta near Ford Rd. Hours: 1 to 9 M. Saturday; 11 A.M. to 5 P.M. Sunay. Free.

acramento. May 4 and 5. Fourteenth nnual show of the Sacramento Cactus nd Succulent Society. Place: Shepard arden and Art Center, 3330 McKinley lvd. Hours: 2 to 8 P.M. Saturday; 10 M. to 6 P.M. Sunday. Free.

an Francisco. May 4 and 5. Show by he California chapter, American Rhododendron Society. Place: Hall of Flowrs, Golden Gate Park, Ninth Ave. and incoln Way. Hours: noon to 5 P.M. aturday; 9 A.M. to 4 P.M. Sunday. Free.

an Jose. May 4 and 5. The 26th annual xhibit of rose specimens and arrangeents by the Santa Clara County Rose ociety, co-sponsored by the Park and ecreation Department. Place: Carl J. einingen Community Center, 1300 Senr Rd. Hours: 2:30 to 9 P.M. Saturday; A.M. to 4 P.M. Sunday. Free.

an Mateo. May 4 and 5. Twenty-eighth nnual show presented by the San Mateo ounty Rose Society. Place: Security acific National Bank, Fifth Ave. and l Camino Real. Hours: 3 to 9 P.M. Satrday; 10 A.M. to 5 P.M. Sunday. Free. orticultural and flower arrangement splays will be featured.

Vatsonville. May 4 and 5. Garden and ower show for amateur gardeners of all ges, sponsored by the Aptos Garden lub. There will be demonstrations and plant sale by the exhibitors. Place: J. J. rosseti Building, Santa Cruz County airgrounds. Hours: noon to 9 P.M. Satrday; 10 A.M. to 4 P.M. Sunday. Free.

Fresno. May 4, 5, and 6. Annual wildflower exhibit prepared by the Fresno Museum Auxiliary. Place: Fresno Museum of Natural History, 1944 N. Winery Ave. Hours: 10 A.M. to 5 P.M. each day. Free.

Oakland. May 4 through 12. California Spring Garden Show in cooperation with Hellman Park - Dunsmuir House Inc. Place: Hellman Park - Dunsmuir House, two blocks off Interstate Highway 580 at Marlow Dr. and Covington St. Hours: 10 A.M. to 8 P.M. except the closing day, to 5 P.M., which will be followed by a plant sale. Admission: adults, $2; ages 12 through 16, $1; under 12, free. Advance tickets ($1.50) available at area nurseries and florist shops or at California Spring Garden Show headquarters, 1322 Webster St.

Redwood City. May 5. Seventeenth annual rose show by the Peninsula Rose Society in cooperation with the Parks and Recreation Department. Place: Community Activities Building, 1400 Roosevelt Ave. Hours: 2 to 6 P.M. Free.

Oroville. May 11. Wildflower display and flea market sponsored by the Friends of the Parks. Place: Lott-Sank Park, 1067 Montgomery St. Hours: 9 A.M. to 4 P.M. Free.

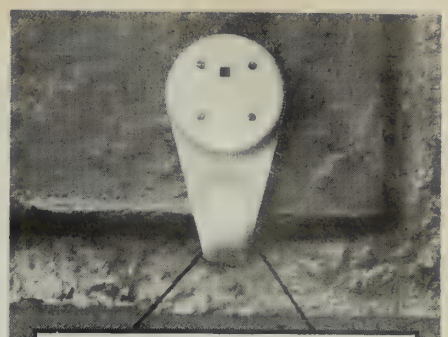
San Mateo. May 11. Plant Festival at the San Mateo Garden Center. Place: Beresford Park, 28th Ave. and Alameda de las Pulgas. Hours: 10 A.M. to 4 P.M. Free. Sale items will include plants of all kinds plus a variety of containers.

San Rafael. May 11. Plant sale by the Marin County branch, American Fuchsia Society. Place: in front of Crocker National Bank, Montecito Shopping Center, Third and Irwin streets. Hours: 9 A.M. to 3 P.M. Free.

Saratoga. May 11. Plant sale presented by the Foothill Men's Garden Club. Place: Village Shopping Center, 14440 Big Basin Way. Hours: 9:30 A.M. to 4 P.M. Free.

Oakland. May 11 and 12. A combined bonsai exhibit presented by Fuji Bonsai Society of Berkeley, Yamato Bonsai Society of Hayward, and East Bay Bonsai Society of Oakland. Place: Oakland Museum, 1000 Oak St. Hours: 10 A.M. to 5 P.M. both days. Free.

San Francisco. May 12. Thirty-third annual show presented by the San Francisco Rose Society. Place: Hall of Flowers, Golden Gate Park, Ninth Ave. and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San Mateo. May 17. Flower show by the Beresford-Belmont Garden Clubs and the Parks and Recreation Department. Place: Beresford Recreation Center, 2720 Alameda de las Pulgas. Hours: 1 to 9 P.M. Free.

Guerneville. May 18. Flower show presented by the River Pot 'N Trowel Garden Club. Place: Veterans Memorial Building, First and Church streets. Hours: 10 A.M. to 5 P.M. Free.

San Rafael. May 18. Annual rooted cutting sale by the Chrysanthemum Society of Marin. Place: in front of Crocker National Bank, Montecito Shopping Center. Hours: 9 A.M. to 2 P.M. Free.

Walnut Creek. May 18. Annual sale of young chrysanthemum plants by the Northern California Chrysanthemum Society. Place: parking lot, Bank of America, 1307 N. Broadway. Hours: 9 A.M. to 1 P.M. Free.

Grass Valley. May 18 and 19. Annual flower show sponsored by the Chicago Park Garden Club in cooperation with the Nevada County Flower Arrangers and Exhibitors. Place: Floriculture Building, Nevada County Fairgrounds, McCourtney Rd. Take the Empire Street offramp from State Highway 49. Hours: 1 to 5 P.M. Free.

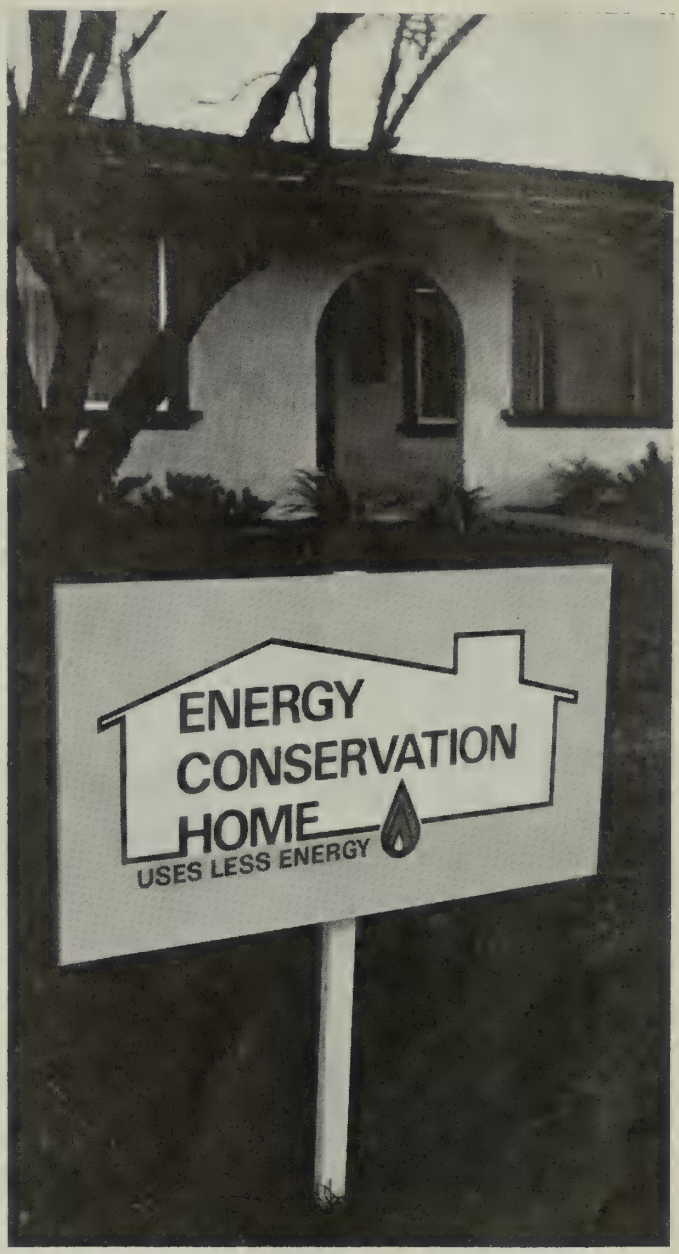
Redwood City. May 18 and 19. Fifteenth annual Redwood City Flower and Art Show. Place: Veterans Memorial Building, 1455 Madison Ave. Hours: 3 to 9 P.M. Saturday; 10 A.M. to 5 P.M. Sunday. Free.

San Francisco. May 18 and 19. African Violet Society of San Francisco show and plant sale table. Place: Hall of Flowers, Golden Gate Park. Hours: 2 to 5 P.M. Saturday; 10 A.M. to 4 P.M. Sunday. Free. Displays will include plants grown by society members, commercial-member exhibits, and complete violet culture program.

Sacramento. May 19. Landscape tour of five home gardens and an award-winning development garden sponsored by the Sacramento River Valley district, California Garden Clubs. Hours: 1 to 4:30 P.M. Donation: $3.50. For details, telephone Mrs. Thelma Burnside (916) 332-3917.

Reno. May 23. Annual Reno-Sparks flower show staged by Garden Gate Club No. 1, and sponsored by the Executive Board, Reno-Sparks Garden Clubs. Place: Centennial Coliseum. Hours: 1 to 9 P.M. Free. Horticultural displays, flower arrangements, and table settings with flowers will be featured.

Palo Alto. May 25 and 26. Annual Peninsula Bonsai Club exhibit. Place: Palo Alto Buddhist Church, 2751 Louis Rd. Hours: noon to 10 P.M. Saturday; 9:30 A.M. to 7 P.M. Sunday. Free. □



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She wanted lots of the biggest and best tomatoes. Her answer? This "super tomato circle"

"I canned *over 30 quarts . . . in addition to gorging ourselves all summer"*

WILLIAM APLIN

The idea was to grow the biggest tc toes ever, and lots of them. So Davis of Santa Ana built a "super mato circle," a circular compost with tomatoes planted around it.

She started in February by spadir cubic feet of peat moss and 2 cubic of steer manure into a circle of grc 8 feet in diameter.

Then she built the framework of circle with 15 feet of 5-foot-wide, 4-inch-mesh welded wire. The wire c has a diameter of about 4½ feet. lined the inside of the wire circle another 15 feet of 2-foot-wide scree to hold the compost in.

In April she started planting, two of the varieties 'Better Boy,' 'Big E and 'Beefsteak.' They were plantec seedlings, spaced evenly around the of the circle, 2 inches outside it.

As the tomatoes grew, Mrs. Davis them to the welded wire with green p tic tape, added compost to the ci and watered the compost to encou roots to grow into it for nourishmen

She picked the first ripe fruit in e July, bushels by September.

This year she'll plant again, in the s spot to take advantage of additi compost, even though some experts ommend you don't plant in the s spot twice because of lingering disea

Because the plants grew above the the first season, this year she will pi back the tip of the main stem at wire's top height to encourage growth. And, she plans to plant "Four plants would be more than an for a family of four. It was utter foll plant six bushes, but I was overcom my zeal to become the tomato quee Santa Ana."

Super tomato circle *in June—welded wire for tomatoes to climb on, screening to hold compost in. She waters inside circle to encourage roots to grow into compost*

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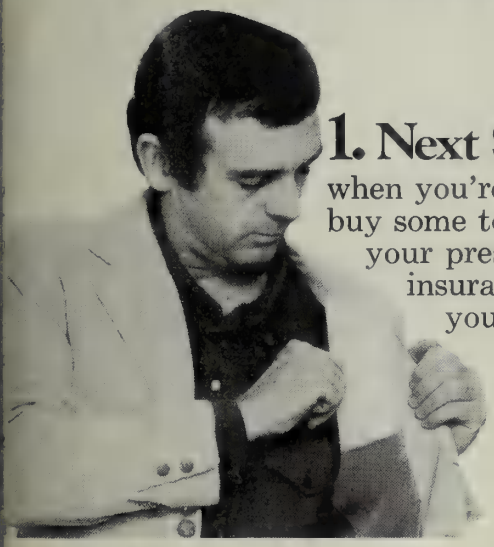

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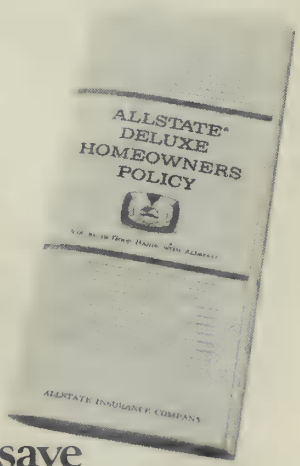

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WILLIAM APLIN

In the ground. *Light shines through Agave attenuata in Santa Barbara garden. Sedum pachyphyllum, foreground*

The word for this handsome agave is bold

We wish we could give you a common name for this plant, but it simply hasn't got one. The color and texture of the foliage suggest the smooth, nearly translucent blue-green or gray-green of celadon porcelain, and celadon century plant would be an appropriate name. But for now, we'll have to get along with *Agave attenuata* (a-*gahv*-e at-ten-you-*aht*-ta).

Its rosettes can be as much as 5 feet across, although 3 feet is more likely. Individual leaves are up to 30 inches long, and each rosette has 10 to 15 or more expanded at one time. Leaves are broadest near the middle and taper to long, slender points. These points are soft and harmless, unlike those of the common large century plant (*A. americana*). And the leaves, though fleshy, are thinner than those of common century plant; strong light behind them glows through.

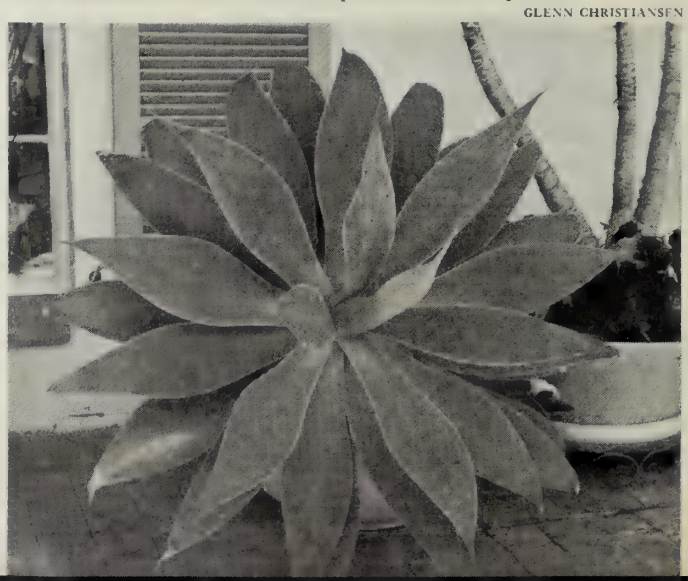
Younger rosettes sit on the ground; they gradually develop trunks, which may either spread along the ground or rise to a height of 3 to 4 feet. At the base of the trunk there are offsets, miniatures of the parent.

Eventually a bloom stalk will appear. This is smaller than the blooming stalk of common century plant, but it is perhaps even more striking. Unbranched, and 9 to 10 feet tall (possibly e taller), the tip arches over and dro sometimes nearly to the ground.

The stalk is crowded with inch-l greenish yellow flowers. These proc seed capsules. The stalk also produ

In a container. *Growth is slower, plant is easier to protect*

GLENN CHRISTIANSEN



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In a raised bed. *Big rosettes look even more important in architectural setting. Landscape architect: Fred Lang*

small rosettes (bulbils) which drop off and root. This odd flower spike has given the plant its Mexican name—*cola de león,* or lion's tail.

As the bloom stalk fades, the rosette that bore it also withers and dies, but offsets from the base (or bulbils from the bloom stalk) carry on.

Showing off your agave

The word for *Agave attenuata* is bold. It commands attention wherever you plant it. To do its best, it should have ample room and an appropriate setting. The examples pictured here illustrate effective ways to use it. At the top of page 232 is a massive planting in an old Santa Barbara garden. Dark evergreen shrubs provide a background and pale gray-green, pink-tipped *Sedum pachyphyllum* conceals bare trunks.

This agave can relieve the monotony of big masses of bold ground cover plants such as ice plant or ivy geranium. It can also hold its own in plantings of large-leafed tropicals such as ginger, banana, or bamboo. Open ground plantings are safe only in mild coastal climates where frosts are light or nonexistent.

A single plant in a pot can give focus to a patio or terrace. Although confining it in a pot slows growth, it won't affect form or color, and the potted plant will in any case get big soon enough. Where frosts are a problem, pot culture makes it possible to shelter plants under overhangs or to bring them in under cover when hard frosts are predicted.

Architectural planting beds or boxes, either raised or at ground level, are good places to display the bold forms of *Agave attenuata,* especially if eaves or some form of overhead structure give protection from frost. As you would with pot-grown plants, give them plenty of room to spread and display themselves.

How to grow it

The most important consideration is temperature; grow plants in a mild coastal climate or, elsewhere, protect them from frosts. Damage is severe at 25°, causing large pale patches which turn to wet olive mush, then decay. At 20° the entire plant will collapse, although occasionally a sucker will grow from the base and gradually replace your original handsome plant.

Plants will grow in full sun or in many degrees of shade; the hotter the summer temperatures, the more they relish shade. Don't make the mistake of moving tubbed plants from shade into hot sun without conditioning them gradually; they sunburn badly under such conditions, developing big white patches which never heal (but which new foliage will eventually cover).

They will get by with much or little water, depending on soil and climate. One planting at a beach house survived for five years with no supplementary water. Another in Santa Ana has flourished for 20 years with little or no irrigation; the soil it grows in is a water-retentive clay loam.

Other plantings flourish alongside ferns and other shade plants with high water requirements; here reasonably good drainage is a must.

Maintenance is minimal; to keep the planting in scale, some people recommend pulling up and discarding any rosettes that get too big. There are always smaller ones to carry on.

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Clumps *of big-leaf bergenias and mats of low-growing ajuga cover rocky slope in oak-shaded garden of Lloyd Bryan, Napa, California*

Four *offbeat ground covers: (clockwise from top left), creeping buttercup, Sedum kamtschaticum, sweet violet, and ground ivy. All are shown here less than life size*

Almost everything under the shade

They planted ground covers, bamboo, petunias, pines, ferns. The secret? Lots of soil improvers

Sheer effort and imagination are w
it takes to start a garden in some l
tions. What the Lloyd Bryans had w
they moved into their new home
Napa, California, 15 years ago sou
like an ideal beginning: a creekside l
tion, plenty of big old native oaks,
lots of rocks. But the land lacked
essential ingredient—lots of good
So the Bryans have spent a good par
the years since they moved in impro
the soil and establishing the plants.
result is a delightful woodland gard
The Bryans improved the soil by ad
massive amounts of peat moss, leaf m
and horse manure. They pruned lo
limbs off the oaks to form a hig
thinner canopy so that most of the
den gets filtered sunlight. In the m
open areas they planted azaleas, ca

DARROW M. WATT

Three *garden tableaus: California bay, California buckeye, bamboo, and clumps of ferns surround natural-looking pool (above left). Marigolds, petunias, hydrangeas make shady border colorful (above right). Niches in rock slab wall (right) hold asparagus, rosemary, ferns*

dogwood, rhododendrons, and ing cherries, along with ajuga and or ground cover.

Bryans also dug a small streambed ends in the pool you see above. r pumped from the creek fills it. g the stream they planted ferns, poo, agapanthus, and a collection ees native to the West including ornia buckeye, digger pine, ma-e, and western yew.

combinations in their garden might strange, but if a plant does well, Bryans leave it alone. That's how came to have the offbeat group of nd covers that you see on the other Three of the four might be called but in a woodland garden like this, fit right in. They're worth knowing u are trying to create a woodsy effect, but they aren't easy to find.

Creeping buttercup (*Ranunculus repens* 'Pleniflorus') is a low-growing moisture lover. Its three-part leaves rise from runners on hairy 6 to 12-inch-long stems. In midsummer it bears yellow double ¾-inch-wide cup-shaped blooms. Since fibrous-rooted buttercup spreads by runners and seeds, it can be invasive. The best spot for this perennial is beside a shady stream.

Ground ivy (*Nepeta hederacea*), also called gill-over-the-ground, is a tiny mat-forming perennial. The leaves are rounded and kidney-shaped and about ¾ inch wide. Plants seldom grow more than 3 inches tall. In spring or early summer it bears small blue flowers. Ground ivy spreads by runners, does well in sun or shade, and may become a pest among less vigorous plants.

Sweet violet (*Viola odorata*) is an old-time garden perennial. Shiny green heart-shaped leaves, 1 to 2 inches across, grow from easy-rooting prostrate stems; flowers bloom in the spring. Colors range from deep violet to bluish rose to white. The blooms are quite fragrant. Sweet violets do best in shady moist spots away from less aggressive garden plantings.

Sedum kamtschaticum, a hardy variety of sedum, is a low-grower until the blooming season. Then the stems turn upright, growing 6 to 12 inches tall. Shiny green leaves range from ½ to 2 inches long with small teeth along their outer edges. Yellow flowers appear in midsummer. Blooms are ½ to ¾ inches wide in loose clusters. Not an invasive pest, this sedum does best in the sun. □

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At last, the word on bromeliad

Many house plant specialists feel t bromeliads are the house plants of future; some feel that they are the ho plants of the present. Certainly the su ply of plants is growing; it is now fai easy to buy any of several kinds in most any big city or suburban nurse What has been missing is an authori tive and complete book on the subje Now we have it: *Bromeliads,* by Victo Padilla (Crown Publishers, Inc., N York, 1973; $12.50).

A student of bromeliads for 30 yea Victoria Padilla has been instrumental promoting their study and their use house and garden plants. She has serv as editor of the *Journal of the Bron liad Society.* She is also a noted autht ity on the history of Southern Califor horticulture.

What are bromeliads? To call th members of the pineapple family is much help. Although the pineapple the most familiar bromeliad, it is unl most of the house plant or garden bron liads. Most of the latter combine oddness and exotic beauty of orch with the toughness and will to live more common house plants.

A section on culture tells how to rec nize a bromeliad's needs from its pearance and its place of origin. Lu green, soft-leafed plants need water their rosette cups and damp potting m Gray, leathery, plump-leafed kinds ne more sun and less water; they can ually go quite dry between waterin Gray, scaly kinds (like the little one p tured above) can live on bark plaques branches with only occasional spr klings to keep them going.

Most of the book is devoted (as it shou be) to descriptions of kinds of bron liads and their garden use and cultu There are many black and white pho graphs and eight pages of color.

Eff. May 1

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Screened lids *with handles protect strawberries from birds and deer, can be raised for picking. Sides hold improved soil, bring berries within easier reach. Owner is Stanley Bishop*

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lettuce. Pi
with holes
the wateri

Screened enclosure *defends berries, corn, other c*
It's about 7 by 16 by 30 feet. In winter roof is co
with plastic to prolong summer crops, speed up winter

Cages protect your plants from hungry critters

If deer, raccoons, rabbits, or other animals—wild or tame—repeatedly damage your crops, the most effective solution may be to cage your plants.

Structures such as those shown here can provide benefits in addition to animal protection. Three of the screened frames include raised beds, making room for 1 or 2 feet of improved soil. To reduce wind, or to shade young seedlings or cool-season crops like lettuce during hot weather, a bed sheet or other material can be hung over the frames.

Mrs. Donald J. Hamilton of San Mateo has added further improvements to her plant-protecting frame structure, shown at middle right. As winter nears, she covers it with heavy-grade clear plastic and puts a row of old glass windows around the bottom. This holds enough heat to keep summer crops growing longer and to speed growth of cool-season crops. It also keeps the ground from getting saturated with water, so she can dig and replant even during rainy weather. She anchors the plastic against wind by crisscrossing it with a network of plastic covered wire.

The structure at top right, built by Carroll Rousch of Portola Valley, California, has some unseen protection against animals. The bottom is covered by a strip of hardware cloth about 1 foot below the soil—to keep out gophers. Chickenwire top and sides are supported by a framework of galvanized pipes. □

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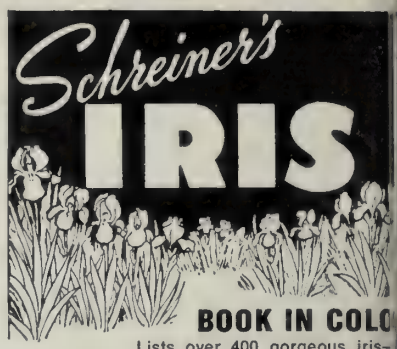

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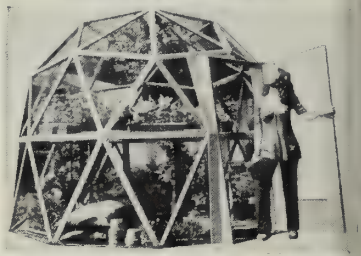

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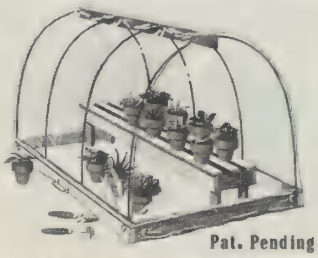

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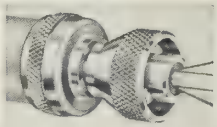

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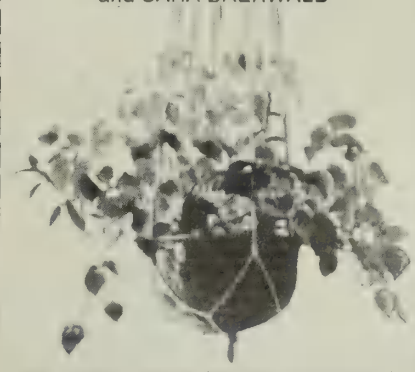

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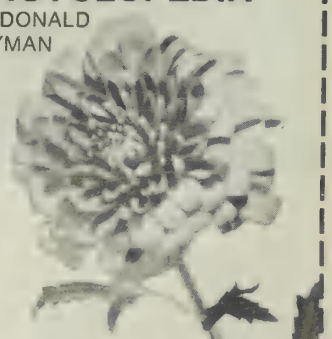

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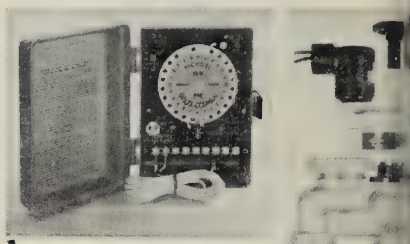

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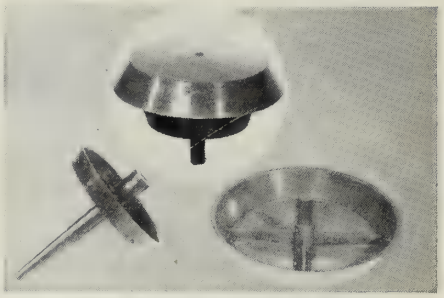

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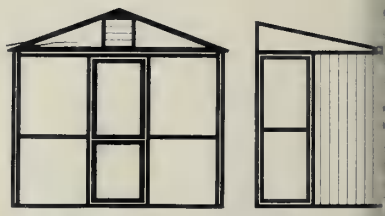

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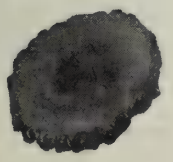

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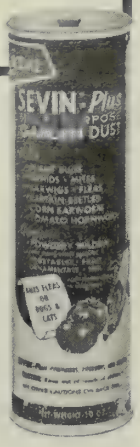

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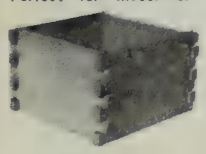

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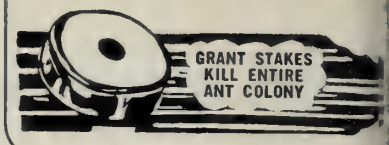

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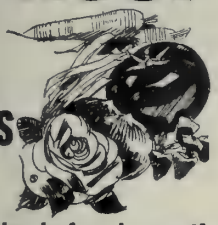

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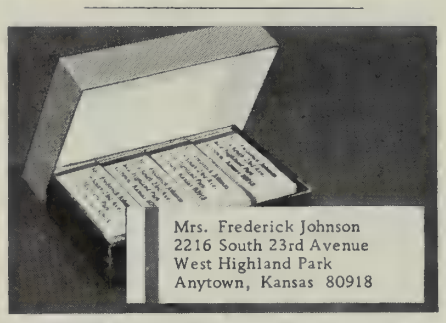

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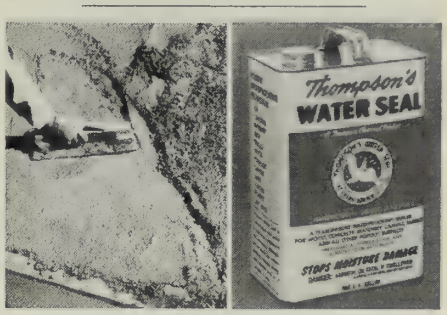

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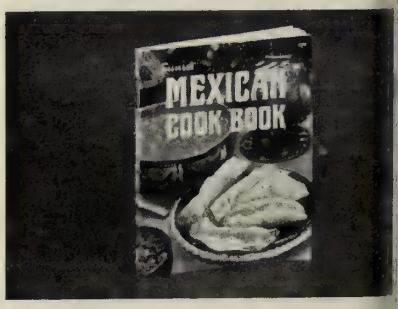

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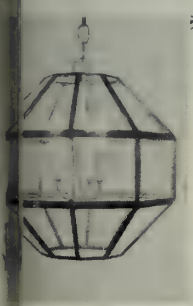

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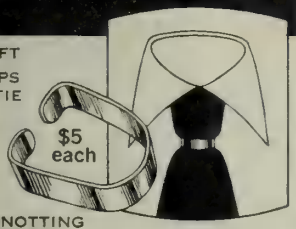

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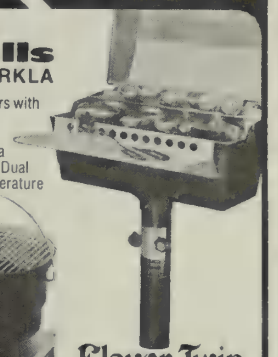

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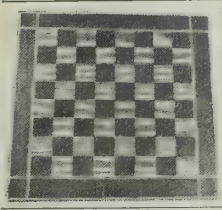

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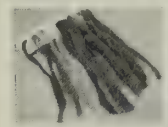

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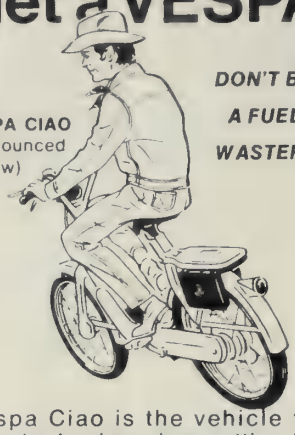

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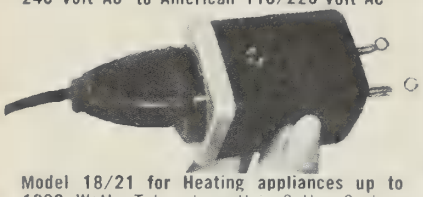

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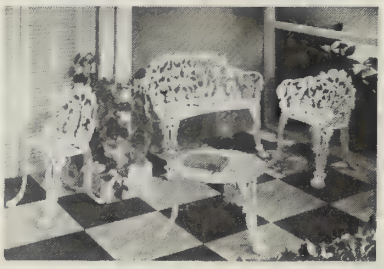

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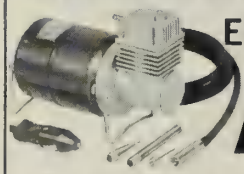

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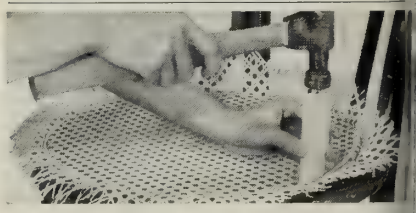

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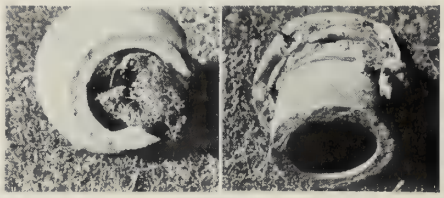

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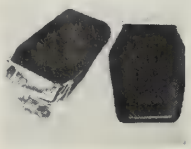

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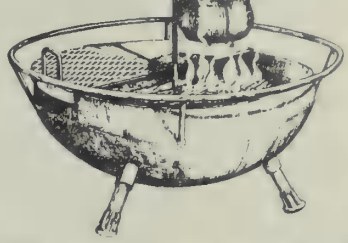

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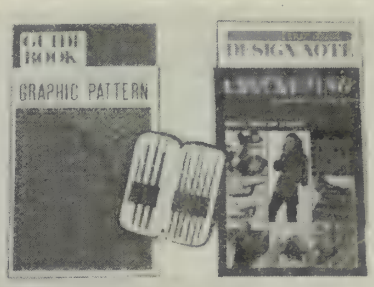

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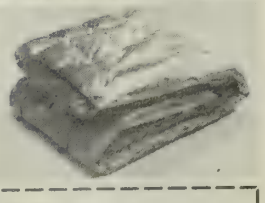

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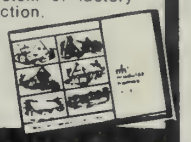

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More bikeways in the West

No question, more bikeways are coming in the Western states, to kee up with the bike tripping that people are doing (see page 78).

Arizona and Utah are making bikeway studies. Other states are ap propriating funds: Nevada expects to spend $250,000. Hawaii ha appropriated $320,000 to date. Idaho is programming $400,000. Was ington is setting aside $1.25 million for bikers and hikers, 1973 throug 1975. And Oregon will have spent $3 million or more by the end next year.

Beyond this, any number of bicycle-minded cities and counties hav their own projects in the works.

Almost all these bikeway projects involve either a marked-off edge roadway or a relatively short (under 10 miles) exclusive right-of-way.

But two new bikeways in California—one a reality, the other still vision—may be pointing the way to new possibilities.

—No one thought of bicycles when the California Aqueduct was d signed to carry the waters of the Sacramento and other rivers sou through the Central Valley and over the Tehachapis to Southern Ca fornia. But now the service road that parallels that concrete sluice becoming the California Aqueduct Bikeway. Seventy miles are now use; 100 more are soon to be opened. Some day the bikeway may cov most of the 440-mile aqueduct route.

—Even more outlandish a few years ago would have seemed the idea building a secluded, 80-mile biking-hiking pathway along the route an abandoned railway. Yet that is what's proposed to run from th Central Valley to the gates of Yosemite National Park.

The last train ran on the tracks of the Yosemite Valley Railroad 1947. Then rails were torn up. Old trestles rotted out. Part of the righ of-way disappeared beneath the rising waters of Lake McClure. But lo stretches of the railroad grade are still relatively usable, including whe it runs parallel to the All-Year Highway (State 140) on the opposite si of the Merced River.

Supporters of this scheme are trying to persuade legislators, counclime committees, and bike clubs that this old right-of-way should be reca tured for public use. To find out how you can help, write to Bainbridg Behrens, & Moore, 635 William St., Broderick, Calif. 95606.

These are bold and far-seeing ideas, especially appreciated in a state which several million adults own bicycles.

But California's not the only state with waterways and abandoned ra way grades—or with people of imagination. It will be interesting to s what bikers, environmentalists, and city, county, and state planners the other Western states will be proposing.

WINDOW ON THE WEST: *Rails to bikes?*

Chuffing steam engines and rumbling, swaying passenger cars are only memories here along the Merced River. The next major users of the derelict right-of-way may be hikers and cyclists, if a proposed Central Valley - to - Yosemite bikeway gets approved and financed. Four riders testing part of the route had to detour around this trestle about 20 miles west of El Portal. □

June 1974 50 cents

Sunset

The Magazine of Western Living

Eight Pages

House Cooling Ideas

Roll-down Poster Blind
Is a Sun Stopper

Expo '74–Picture Report

It's Sweet Cherry Discovery Time

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The Armstrong Interior Designers answer three of the most-asked decorating questions.

Every day, we receive letters from you, asking us about your decorating problems. We study them carefully, and when we design the rooms for Armstrong ads, we try to solve some of the real decorating problems we know you have. On these four pages, you'll see how we solved three such problems . . . all different, all real, all from you.

Only an archway (no door) separates my dining area from my living room. How can I create two separate "rooms" and still marry them?

Most newer homes . . . the ones with a living room/dining area . . . have this problem. One easy, and effective, way to solve it is with the carpet treatment we've used here: wall-to-wall carpet in one room and a compatible fringed rug in the other. We chose the same design—Persian Medallion from our Grand Noble™ Collection—for the wall-to-wall carpet in the living room and used it as the fringed area rug in the dining room.

If you study the picture closely, you'll see some other effective ways in which we've married the rooms. The dramatic black in the linoleum floor and walls in the dining room is picked up in the living room chair rail and baseboard. The same fabric design is used at the windows in both rooms and repeated on our Thomasville upholstered furniture. Generous use of ferns also relates the two areas and echoes the fresh greens in the carpet and floral fabric. The two rooms are furnished in an eclectic mix from our Thomasville furniture line. The Mediterranean dining room is from a collection called "Portfolio."

More questions and more answers on the next page . . .

More decorati answers — fr Inte

My kitchen has handsome wood cabinets, which I don't to paint. What can I do to li and brighten my dark kitcher

First, take full advantage of o light. We've eliminated curtai together and dressed the wi area with hanging plants, help to bring the outdoors in.

A fresh, white ceiling can also wonders. It's surprisingly easy inexpensive to have one inst Or, you can do it yourself handsome design shown here, Gourmet, is perfect for a kitche ing. It's a vinyl-coated tile, so it's to keep c

A fresh co paint for walls, w we've c coordinated the floor, a sunny note floor is our Garden Court design in Sola the sunny floor that shines w waxing. It keeps its shine far l than an ordinary vinyl floor. F add the gleam of copper pot pans, and you have wha Armstrong Interior Designers "Sunshine Kitchen."

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estions — and Armstrong signers.

ont door opens directly into ing room. How can I create trance area without spend- fortune on construction?

t the simplest and most ive way we know is to the illusion of a wall. Here done it with an attractive ard-working divider of desk- case-storage units from our lers furniture line.

oor treatment is important. unstone design in Solarian s an "entrance," set apart from mstrong Omen carpet in the room. While the object is ke an obvious distinction be- n the two areas,, it is still tant to tie them together vis- Here, we did it by using ers of the same color family everything . . . floor, carpet, lstery, rattan furniture, and covering are all in varying l shades.

more ideas? Write to Arm- , 7406 Ruth Ave., Lancaster, 7604. We'll send you our r World literature package, It may help solve some of decorating problems.

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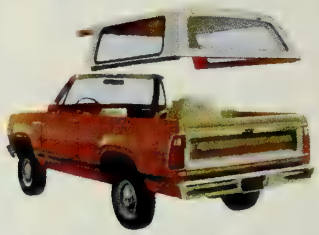

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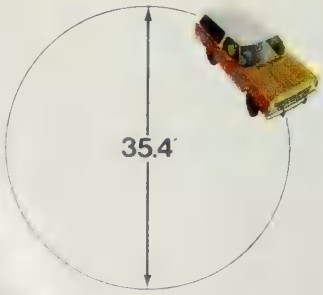

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The Cover Story

That giant tulip on the cover isn't some horticultural oddity. Painted on inexpensive vinyl roll-up blinds, it hangs from the eaves to shade a wall of glass. Beginning on page 94 you'll find other ways to help cool your house this summer (more on painting blinds, too). Photograph by Glenn Christiansen

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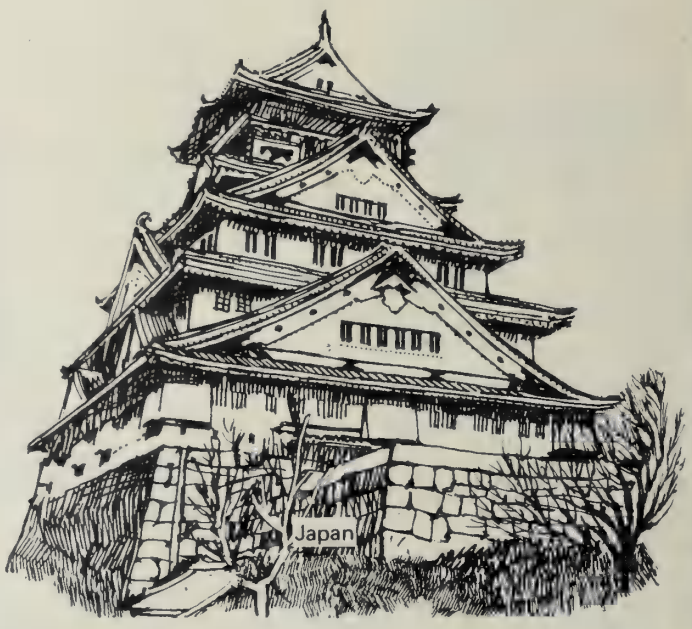

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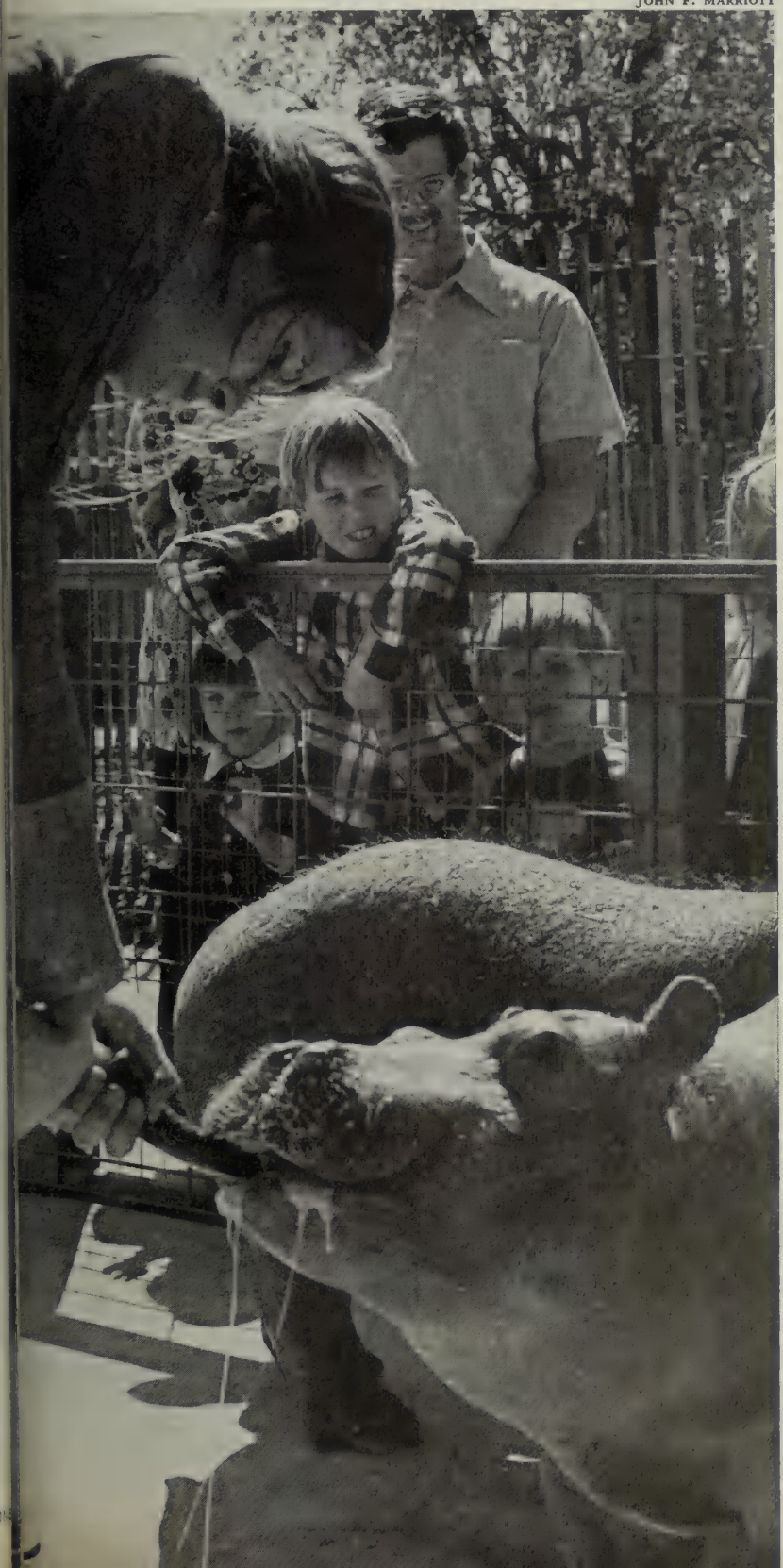

San Jose's baby zoo

Don't be surprised if a fuzzy white creature, looking as if it had just emerged from the fluff-dry cycle of a dryer, approaches you for an eyeball-to-eyeball meeting in San Jose's new zoo. It's Holly, an eight-month-old llama, one of the animal babies that wander through this zoo where contact between people and

Three-times-a-day *bottle feeding comes from gallon jug. Milk-and-cereal formula seems to bring on a dribbling hippo smile*

Whiskery *encounter happened when chimp reached out his hairy arm and a zoo visitor picked him up*

Congolia, *eight-week-old lion cub with spotted baby fur, is cuddled by visitors after her feeding*

Previewing *U.S. Pavilion: Quotation is from Chief Seattle (profile on wall). Junk sculpture titled "Garbage Mountain" portrays solid waste generated by typical family in year*

Our long watch on Expo

We've been watching Spokane's Expo '74 take shape for more than a year, as its site has changed from mud-covered riverfront lots to the near-finished state by April 20 (above).

Our November issue told *Sunset* readers how to make reservations to visit Expo, our April issue reviewed ways to get there without a car, and our May issue gave a final preview.

But now that Expo has opened, the important question is: What's it like?

Just before this issue went to press, a team of *Sunset* reporters and photographers converged on Spokane to cover the opening days. Their report begins on page 74.

(For comment on *Sunset's* visits to earlier world's fairs held in the West, turn to page 240.)

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animals is the main objective.

The zoo opened this spring, replacing conventional zoo on the same Kelle Park site, but the "grand opening" June 16. A turreted stone castle at th entrance, a pirate ship with refreshment sold through the cannon ports, an arbore tum, and ecological exhibits will be com plete then.

Wandering free together are knee-hig African pygmy goats, sheep, and llama —all eager to nibble food that visitor can buy to feed them. Separated by lo fences or moats are chimps, hippos, lio cubs, seals, an elephant, and others; som of the youngest are brought out amon visitors for their bottle feedings.

Inside a low fence that children can ho over, ducks, geese, rabbits, and guine pigs submit to being held and pette There's also a window-walled materni ward where you can see the zoo's newe babies. Nearby in a heated sandbo home lives a huge Galápagos tortois the zoo's one definite nonbaby; no or is sure of his age, but it's at least 5 years. He sits placidly while childre perch on his massive shell.

Among the animal enclosures you come to eight stone shelters with natur oriented audio-visual exhibits. For e ample, at the push of a button you ca hear and see a Rube Goldberg-inspire explanation of photosynthesis, or lea about the hummingbird's annual migr tion through California. Another educ tional feature is an animal lending libra in the zoo's entrance castle. An indivi ual or class may check out small anima for short periods.

The zoo is open daily 10 A.M. to 5 P.M Admission is $1 for adults, 60 cents f children 2 through 14. On grand openi day the price will be $1 per person, i cluding free rides in adjacent Hap Hollow amusement park. Group rat are available.

To get there, take the Story Road e from U.S. Highway 101 and go 1 m west to Senter Road. Turn left for a sho distance, then left again into Kelley Pa The zoo is straight ahead.

The Russians are coming (again)

Festivities on Saturday, June 8, will ma the rededication of Fort Ross, the histo Russian outpost on the Sonoma Cou coast that was founded in 1812. T unique Russian Orthodox chapel a commandant's house museum, burn out in 1970 and 1971, have been lovin rebuilt with original tools and woo joining techniques.

Ceremonies start at 11 A.M. They w include concert music, singing and da ing by the Russian Folk ensemble, Kas Pomo Indian basket-weaving and Indi games, and demonstrations of early ha tools. Desserts and Sonoma cheeses w

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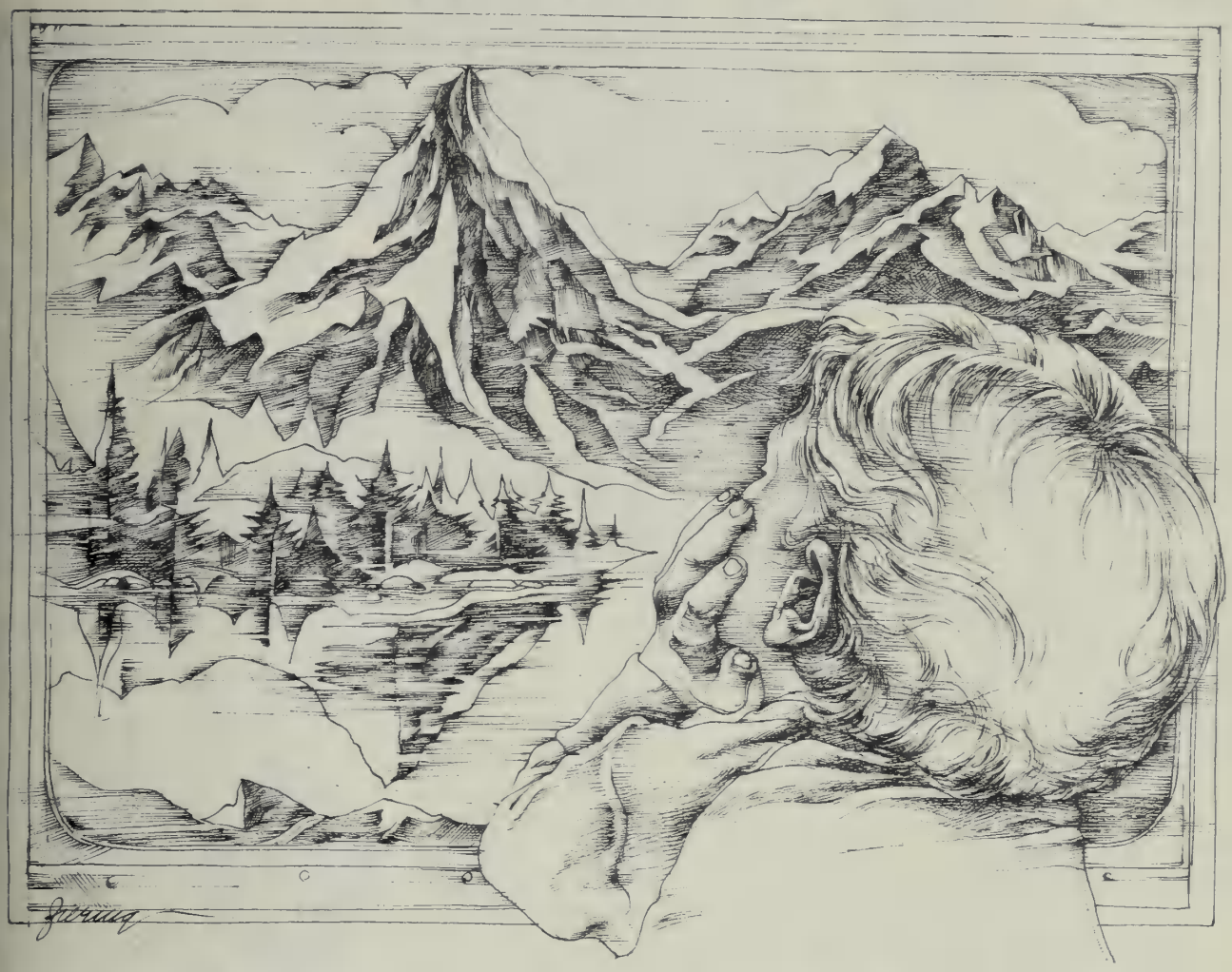

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Furthermore, Spokane's Expo '74 is the only World's Fair to be held in this country during the seventies. So if you've always had a yen to take in a World's Fair as a family, this is the year to do it.

On your way to Spokane, there's a lot to see in Seattle. With Vancouver and Victoria just an easy Amtrak ride away. Combined with Expo '74, it adds up to a wonderful week. And your Amtrak train will make the travel comfortable and restful.

Best of all, Amtrak's Family Plan* can save you a bundle of money. But reserve early. And, if possible, plan your trip before July or after mid-September when our trains have more space. Expo '74 doesn't close until November 3rd.

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Fort Ross is 87 miles north of San Francisco near Jenner on State Highway 1.

Financial district revisited

There have been two major changes in San Francisco's revitalized financial district since our report last year (see page 74 of the March 1973 *Sunset*). Both add a bit of human scale to the area's imposing new architecture.

The first change is the opening of a number of bright, new specialty shops on the three pedestrian levels of One Embarcadero Center, bounded by Battery, Clay, and Sacramento streets. The highlight is Design Research, a two-level store opened to the sky by a great 18 by 28-foot skylight. (Two Embarcadero Center is largely complete; pedestrian bridges will soon connect it to One Embarcadero Center and Maritime Plaza.)

The other big change is the new half-acre park with 80 redwood trees—plus a restaurant and historic saloon replica—adjoining Transamerica's pyramid at Montgomery, Clay, and Washington streets. The tiny park is a relief from the sometimes forbidding cityscape; it has rolling turf, benches, and a placid pool. While one noted landscape architect thinks it's sorely out of place ("like moving Disneyland to the Sierra"), it's a noontime hit with lunch-toting visitors. The park is open to the public weekdays only, from 8:30 A.M. to 4:30 P.M. □

GERALD R. FREDRICK

Young redwoods *contrast with angular base of Transamerica pyramid. Broad wood benches are convenient for picnickers*

For travel planners, a June check list

College lodgings. A 160-page paperback book, *Mort's Guide to Low-Cost Vacations and Lodgings on College Campuses* will help you find inexpensive accommodations during the summer months when schools are not in session. You can take advantage of the sightseeing, cultural, and recreational activities near these campuses while dining and lodging at a modest cost. Over 140 small colleges throughout the U.S. and Canada offer this service; room costs are about $5 a day per person. The book can be ordered for $4.50 from Mort's Guide, CMG Publications Inc., Box 630, Princeton, New Jersey 08540.

Alaska/Yukon treks. Two to three-week canoeing and backpacking excursions depart Seattle during the summer months. Choices include exploring and fishing in the Lake Atlin area, hiking the Chilkoot Trail and boating down the Yukon to Dawson City and the Klondike goldfields, hiking the Brooks Range, and observing caribou migration in the Arctic National Wildlife Range. Priced between $700 and $1,000, the tours include round-trip transportation from Seattle, food, ground transportation, and some hotels. For details, contact REI Travel, Box 25182, Northgate Station, Seattle 98125.

Britain by bus. Summer visitors to Britain may want to join 3 to 14-day tours that make frequent coach departures from London. Your choices include six days in Devon and Cornwall for $184; four days in the cathedral cities of Winchester, Salisbury, Wells, and Gloucester for $88; seven days in the Lake District for $157; ten days in the Scottish highlands for $233. Coach transportation, accommodations, and meals are included in the price. For details, contact British Airways or see your travel agent.

Skindiving tours. The Sierra Club is sponsoring nine trips to the Virgin Islands, Grand Cayman, Kino Bay on the Sea of Cortez, Samoa, the Galapagos, and Hawaii. Each group is accompanied by a naturalist. Some trips offer basic scuba instruction and others are for snorkelers and certified divers. Tour prices range from $240 to $1400. Transportation is additional. For further information, write to The Sierra Club Outing Department, 1050 Mills Tower, 220 Bush St., San Francisco 94104. □

What a travel agent can do for you: Provide information on tours; reserve space on air, rail, bus, and steamship lines; make hotel, ranch, and resort reservations; take care of trip planning, including side trips and special events. Travel agencies do not charge for arranging transportation or package tours, but do charge for "custom" tour service.

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beginning page 158

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Sunset School & Camp Directory

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Sunset School & Camp Directory

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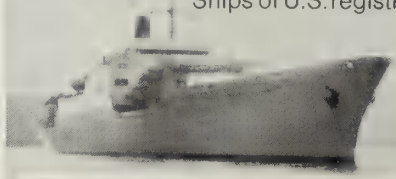

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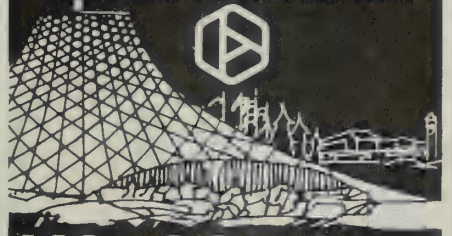

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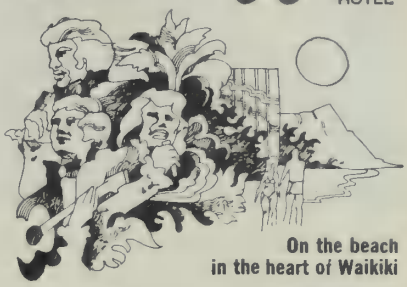

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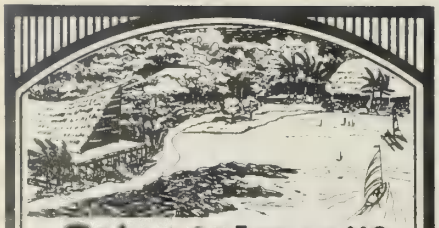

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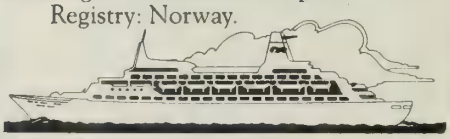

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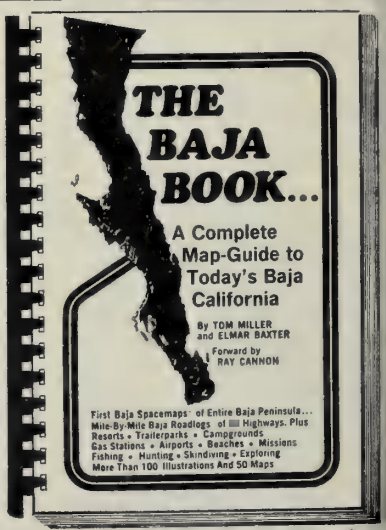

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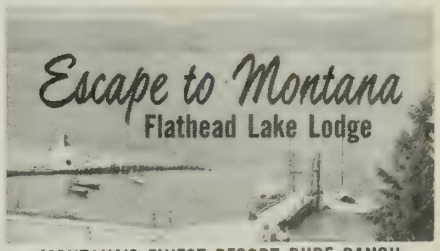

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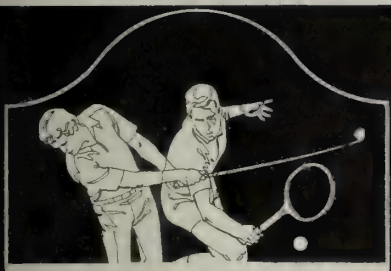

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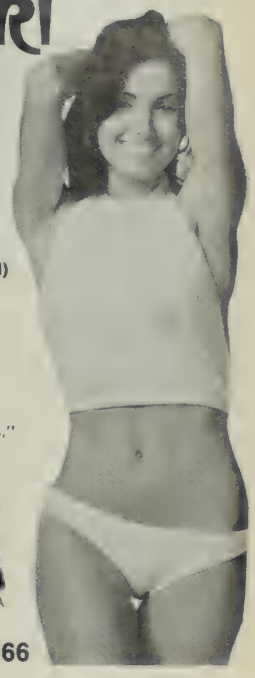

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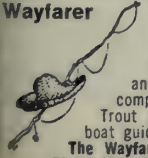

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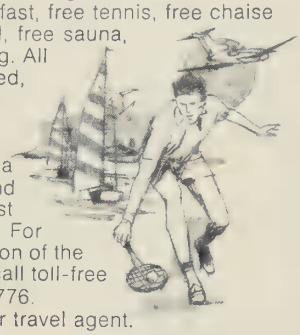

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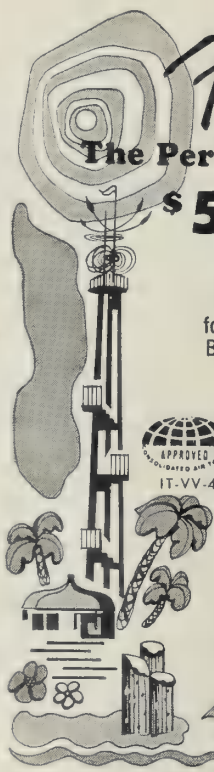

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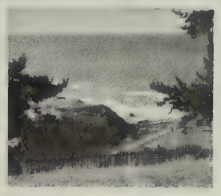

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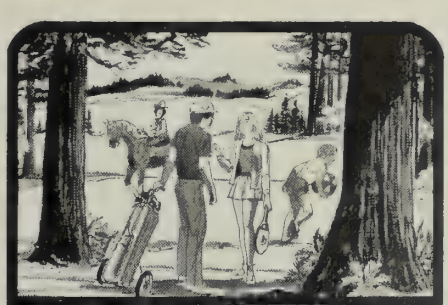

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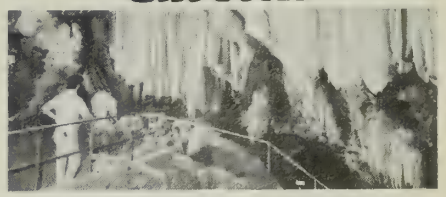

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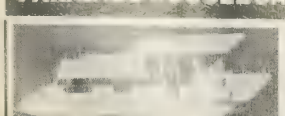

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Tahoe Donner

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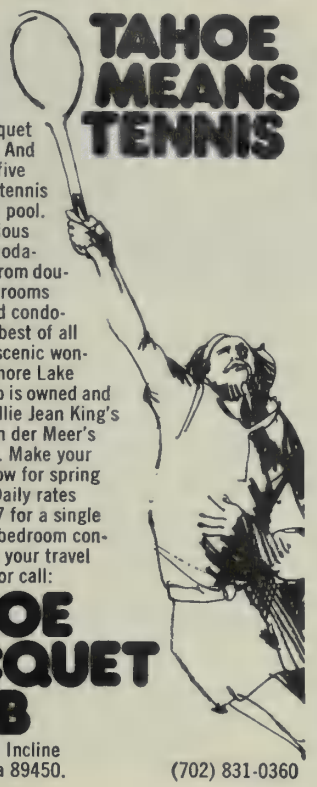
Resorts

TAHOE MEANS TENNIS



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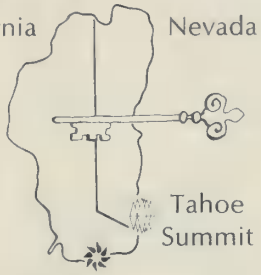

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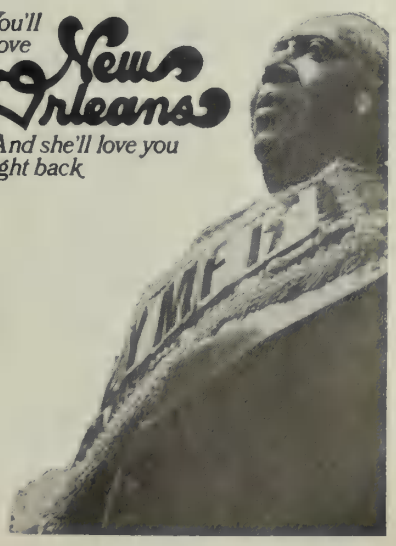

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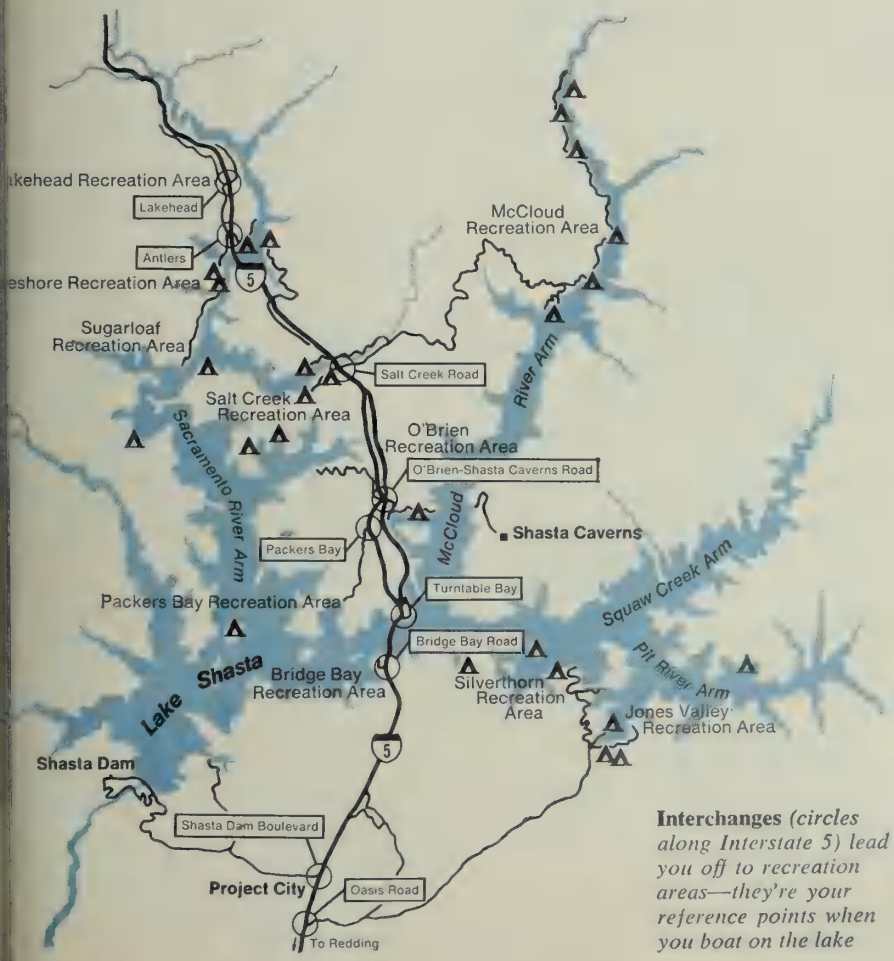
Still-snowy *Mount Shasta, 45 miles north of the lake, looms beyond holidaying houseboaters*

GLENN CHRISTIANSEN

Houseboating on Lake Shasta, 1974



Interchanges *(circles along Interstate 5) lead you off to recreation areas—they're your reference points when you boat on the lake*

You could spend a whole week cruising around the lake, but the real charm of houseboating at Shasta is just tying up for a while somewhere in a quiet moorage.

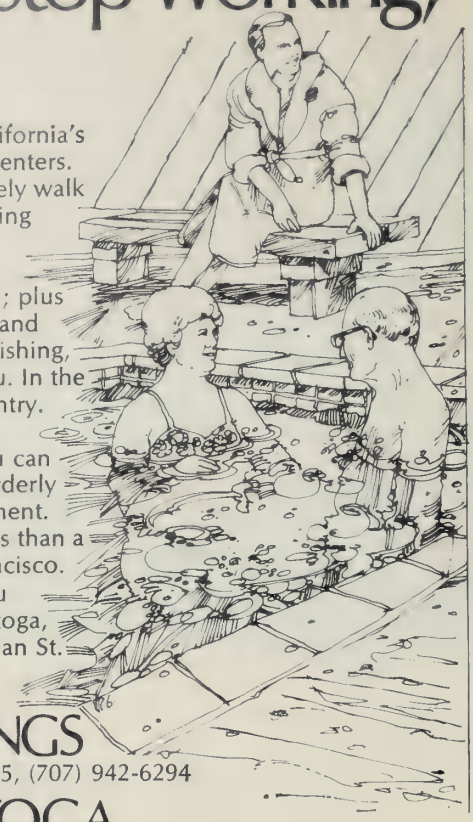
There are several fleets of houseboats on the lake. Typically the modern houseboat can sleep a family of six (some big ones will sleep 10 or more); it is fully equipped with many of the comforts of home, including hot showers and refrigeration.

You'll find the best mooring spots up the arms of the lake. The Sacramento River Arm, with its proximity to Interstate Highway 5, probably offers the most lakeshore development and service facilities, but it is often the most crowded part. The forested McCloud River Arm offers a nice compromise between convenience and seclusion, while the rock-bound upper reaches of Squaw Creek Arm are good bets for people who just want to be alone.

Lonely Pit River Arm, the only section where some of the forest trees were left standing below water level, is perhaps the most remote, and the flooded brush and snags provide excellent fishing. Tell the marina operator the kind of place you'd like to find and ask for specific moorage suggestions.

You can rent a houseboat at Lake Shasta

When you stop working, start living.



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You may never want to get off.

Holland America Cruises

GLENN CHRISTIANSEN

The water's fine *up the rock-bound reaches of Squaw Creek Arm*

for about $300 a week for a six-sleeper, to about $550 for one of the bigger deluxe models. For a listing of Lake Shasta's houseboat operators and 1974 rental prices, write to the Shasta-Cascade Wonderland Association, Box 1988, Redding, Calif. 96001.

Lake Shasta is about 225 miles north of San Francisco, a good 6-hour drive. For those who prefer to avoid motoring, the city of Redding (just 10 miles south of the lake) is served by scheduled rail, air, and bus lines. Those with confirmed houseboat reservations can make arrangements with their marina operator for airport or depot pickup.

Many of the houseboats are so completely furnished that just about all you need to bring along are changes of clothes and your bathing suit or fishing gear. Food and other supplies can be purchased at lakeshore stores or markets in Redding. □

Erupting? Just phone to find out

Visitors on the Big Island can now telephone 967-7977 for the latest information on eruptions or other volcanic activity at Hawaii Volcanoes National Park.

The telephone message is recorded at least once a day, or as often as changing conditions warrant. It tells you what to see, from where, and the hours a viewing area will be open. It's generally brief enough to fit into a 3-minute toll call, should you be calling from another island.

Kilauea Volcano is the source of much of the action. Recent outbreaks of lava have been along the Chain of Craters Road. □

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Before you take advantage of all this, there are a few things you should know. The airfares you see below are TWA's Individual Tour Basing Fares which save you up to 30% on airfare alone.

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North Shore Lake Tahoe

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In May, *tulips, azaleas, rhododendrons, rock plants were in bloom. Coming on were roses, iris, then summer annuals*

Garden oasis in busy Frankfurt

Bustling Frankfurt has its quiet spots, and one of the calmest and certainly the most colorful is its famous Palmengarten. A visit here is wonderful therapy after a long, overseas flight or when you're nearly ready to fly home and not yet willing to face a city's jangle. It's a 49-acre, tree-ringed oasis of shady walks, fountains, lawns, and planting beds with spectacular flowers. There's a restaurant with outdoor dining terrace, snack bar, and concert pavilion with free weekend music.

But while its outdoor pleasures are reason enough for a visit, the real treasures are inside. The tall, glass-roofed palm house holds an extensive palm collection, and a dozen smaller conservatories are devoted to cactus, begonias, orchids, bromeliads, water plants, and others. More than 8,000 different kinds of plants are grown inside and out. All are carefully labeled.

The Palmengarten is at Siesmayer Strasse 61, just off Bockenheimer Land Strasse. Hours are 8 A.M. to darkness daily. Admission is 2 marks for adults, 1 mark for children. Take streetcar number 8 from Platz der Republik, a short walk from the railroad station. □

A snack *of wur roll, and a dollop mustard wash down with beer; th off to see the orchi and begoni*

Cactus *and succulents are favorite houseplants in Germany. This extensive collection grows and flowers profusely under ideal conditions*

Foods to Match Your Moods

There's food to match your every mood at the Prune Yard. Eleven restaurants serve you morning, noon and night. You can experience fine cuisine amid the elegance of a by-gone age, enjoy life on the casual side, a leisurely luncheon among the gardens, a Sunday brunch, a snack on the run, even a visit to a ravioli factory. Next time you're in the mood for food, discover the Prune Yard—it's more than Santa Clara Valley's most beautiful center of fashionable shops.

The Prune Yard

Highway 17 in Campbell

It's as easy to live with on the road as it is standing still.

Which is why a GMC MotorHome looks the way it does. Aerodynamic. And low—lower than any other motorhome. So it can handle crosswinds. And corners.

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If you want specifics, send for our 28-page color catalog. Simply write: GMC MotorHome Headquarters, Drawer Y, Dept. 316, Lansing, Mich. 48909.

Better yet, see your local GMC MotorHome dealer.

The GMC MotorHome. It doesn't look like a box. It doesn't ride like a truck.

GMC

The MotorHome from General Motors

y ■ **solitary** *trail-blazed Sierra juniper at the 7,500-foot level, day hikers use for the view—obscured this day by morning mist*

Hike and hot dip near Tahoe

alfway up the trail you may wish you'd ver come. It goes up relentlessly, but e views scarcely seem to change.

hen, about a thousand feet above your rting point in Grover Hot Springs ate Park, the last of the Jeffrey pines d incense cedars are behind you, and u emerge into high country punctu- d by ponderosa pine with roots hold- g tenaciously to pockets of earth hong massive boulders. Now Hot rings Valley opens below, and—if the rning mists have lifted—you may ke out a wisp of smoke curling up m a home in Markleeville to the east.

"It's hot!" *Swimming in 105° water isn't everyone's pleasure; most settle for a brief but relaxing soak*

As the trail cuts across a shoulder of Hawkins Peak, rising unseen to the north, the views become increasingly dramatic; then at 8,000 feet, 2,200 feet above and nearly 4 miles from the trailhead, you reach the welcome levelness of a mountain meadow.

Your nominal destination is Burnside Lake on the south side of the meadow for a try at trout fishing; but Burnside can also be reached by a jeep road from State Highway 88, so the real reason for the hike is the hike itself, and the views on the way up and down.

Allow 1½ hours for the return to Grover Hot Springs, an old-time spa now run by the California Department of Parks and Recreation. Here water bubbling out of the hillside at 148° is diverted into a concrete swimming pool at about 105°; hot as a hot bath. Pool use fee is 50 cents, 25 cents for children. On mild weekend days, you'll be sharing the outdoor tub with campers (the park has 76 campsites) and picnickers (38 picnic tables) as well as drive-in dippers. But weary hikers enjoy it most of all.

Markleeville is on State Highway 4/89, a 45-minute drive from Lake Tahoe. The park, 4 miles west of town, is open for camping May through October.

Before you strike off on the trail to Burnside, ask a ranger for directions—or take along a copy of the USGS Markleeville quadrangle. □

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NORMAN A. PLATE

Salt Point State Park *in Sonoma County could gain a mile of wild coastal headlands, visible in the distance, if Proposition 1 passes*

GERALD R. FREDRICK

At least 160 species *of birds share this marsh, part of the proposed Pescadero Beach purchase*

New beaches, new parks . . . it's up to Californians to decide on June 4

The noise of a gubernatorial prima campaign should not be allowed to c scure other issues before Califor voters in the June 4 election. One these, Proposition 1, is important for t future of outdoor recreation and t state's open space.

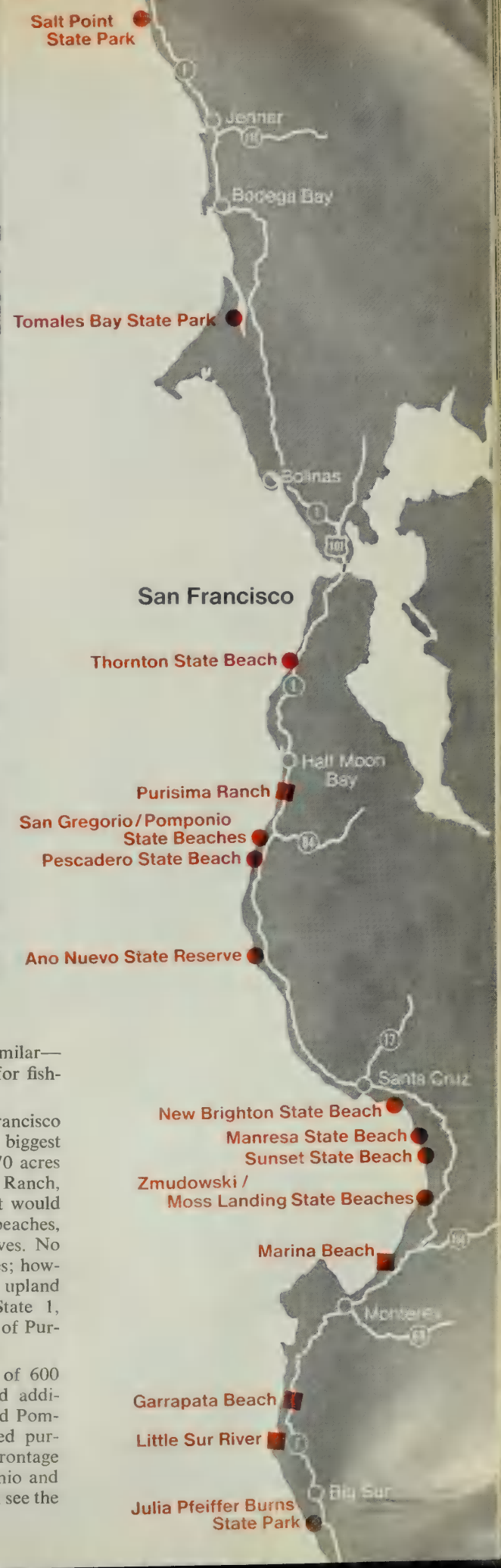
It would provide $250 million in bo funds, for state parks and also county, city, park district, and state f and game projects. Besides acquisition new parks and preserves, money wo go mainly for additions to existing pa and for improving facilities and trails.

Here we show a sampling from north and central California projects on state priority list. Action would st immediately upon passage. All purcha are subject to approval by both Legislature and the State Park and R reation Commission, present or future

Our preview focuses on nearly 10 m

Little Sur River *winds into lagoon, then out to sea—all sible from State Highway 1*

Grassy *sand dunes back beach that would connect Zmudowski and Moss Landing state beaches*



new beaches from Sonoma County uthward through Monterey County, within easy driving distance of San ancisco. Circles on the map indicate isting state parks to be expanded; uares indicate proposed parks.

ost of the land is privately owned and limits to the public. We'll note areas u can see for yourself—either from e highway or from existing state lands.

noma. On a coast drive you can see rt of the proposed 350-acre addition Salt Point State Park. The land along th sides of State Highway 1 for nearly mile north of the park boundary—tween the coast and the boundary the Kruse Rhododendron State Reve—is approved for purchase (if not rchased, it may soon be subdivided). u probably won't be able to see much the 5,000 feet of ocean frontage to included. It runs northward from the existing state park, and is very similar—wild rocky headlands excellent for fishing and abalone diving.

San Mateo. South from San Francisco on State Highway 1, the single biggest coastal purchase proposal is 1,770 acres of new property at Purisima Ranch, just south of Half Moon Bay. It would include nearly 3 miles of sandy beaches, jagged high cliffs, and rocky coves. No public roads lead to these beaches; however, you can see the proposed upland purchase from both sides of State 1, about 1½ miles north and south of Purisima Creek Road.

A few miles south, an addition of 600 acres would complete an upland addition connecting San Gregorio and Pomponio state beaches. (A proposed purchase of 2,500 feet of ocean frontage would fill a gap between Pomponio and Pescadero state beaches.) You can see the

Park gains at Lake Tahoe, at Mount Diablo, at Big Basin

DARROW M. WATT

Forested addition *to Big Basin State Park would encourage more encounters like this*

Burton Creek *purchase plans include ½ mile of lake shoreline*

Contra Costa County's *Mount Diablo may get more land on three sides*

JOHN ROBINSON

pastoral upland areas—virtually all the land visible east and west of State 1—between the two beach entrances. For a better view of the upland area, follow the narrow winding Old Stage Road from San Gregorio south to Pomponio Creek. Lands west of the road are under consideration for purchase.

If you stay on Old Stage Road to Pescadero, then turn west on Pescadero Road, drive ¾ mile to Butano Creek, and look at the marsh land to the northwest all the way to State 1, you will see the Pescadero Marsh addition, an excellent bird education area where more than 160 species of shore birds and waterfowl live. Each year school children study life in the state-owned northern half of this marsh.

About 3 miles south of the Pigeon Point Light House, watch for Cascade Creek. A proposal to add 550 acres and 9,000 feet of ocean frontage north of the Año Nuevo State Reserve would include upland areas from coast to highway, extending about a mile north and ½ mile south from the creek. The existing beaches are a 1½-mile walk from the end of New Year's Creek Road, which heads west from State 1 about a mile north of the Santa Cruz County line. You can walk beyond the state beaches and preview the proposed additions when the tide is low. This area serves as a spa for elephant seals each winter.

Santa Cruz. Just south of Santa Cruz, take the New Brighton Beach exit from State 1. Then, from New Brighton Beach, look southeast. The 1,540 feet of private beach you see may be purchased along with 95 acres of upland behind the private beach.

Monterey. As you near Moss Landing on State 1, you'll see signs pointing to Zmudowski State Beach. The access is a delightful mile-long zig-zagging road through artichoke fields and farmlands to the beach. From Zmudowski you can walk south about half a mile to Moss Landing Beach, new name for Jetty State Beach. A total 2,700 feet of ocean frontage and about 100 acres of adjoining sand dunes and marsh would unite the two existing state beaches.

Seven miles north of Pfeiffer-Big Sur State Park, State 1 juts inland, crosses a bridge, then returns to follow the coast. If you park off the road near here, you can look at Little Sur River, a 780-acre area suggested as a new state park. Now part of a ranch, the proposed acquisition has an ocean beach, fresh water lagoon, coastal grassy meadows and a pine and redwood forested area. No Trespassing signs are posted.

Inland park plans. A big variety of inland acquisitions in northern California has also been approved by the California Park and Recreation Commission. Among them are additional acreage for Mount Diablo; 1,150 more acres for Castle Rock State Park in Santa Cruz County along the west side of Skyline Boulevard; new delta land projects in Sacramento and San Joaquin counties for boating and hiking; addition of 4,000 acres in both Humboldt and Big Basin Redwood state parks; and at Lake Tahoe a new 1,800-acre Burton Creek project north of the existing Tahoe State Recreation Area.

Other bond allocations. An additional $60 million will go toward development of new campsites, biking, hiking, and boating trails, restoration of historic buildings, and undergrounding of overhead power lines at key park and historic areas. Local governments will divide $9 million to buy and develop neighborhood parks. Each California county will get at least $200,000. The California Wildlife Conservation Board will get $10 million for fish and wildlife preservation.

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Spectators, *including a uniformed sailor, file past bride and groom as they play their parts in the daily staging of a traditional Thai wedding ceremony*

Girls and boys *do a dance from northeast Thailand in Rose Garden's arena. Bamboo posts support bamboo roof*

Sparks *can fly, swords break in Thai swordfighting*

Near Bangkok, an afternoon of dance, swords, crafts, culture

In the countryside southwest of Bangkok, the Rose Garden once grew cut flowers for sale in the city. It's now an expanding park and resort. A new attraction there called the Thai Village gives you a neatly packaged look at the culture and crafts of Thailand—all done with a good deal of showmanship.

Modeled after Hawaii's Polynesian Cultural Center, the Thai Village consists of exhibits, demonstrations, and a daily 2-hour show at 3 P.M., staged in the roofed, open-sided arena pictured at left. Spectators watch from bleachers. Attendants supply fans and cooling wet cloths if the weather calls for it.

The show includes samplings of traditional Thai music and dances. Swordfighting and Thai boxing (using feet, knees, and elbows, as well as fists) are simulated but convincing. There's a cockfight in which the birds don't wear spurs and don't fight until death. More music and dancing accompany a traditional Thai wedding ceremony.

Outside you'll see a bullfight—bull versus bull, no men involved. Elephants also perform.

Before or after the show, you can stroll the well-manicured grounds and listen to Thai musicians. There's a fine orchid collection. You can get close to elephants and water buffalo.

Exhibits of Thai crafts in action include pottery making, umbrella making, and silk making from cocoon to cloth. Thai cooking is demonstrated, and there's some food for sale.

The Rose Garden is only about 18 miles from central Bangkok on the way to the old city of Nakhorn Pathom; during peak traffic the drive may take more than an hour. For show tickets ($7.50) and transportation, contact a travel agent or the Rose Garden's booking office, 264/4 Siam Square, Bangkok. □

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R. WENKAM

Sumo master *performs solemn prematch ritual under canopy resembling roof of Shinto shrine, as opponent and referee crouch*

Hawaii treat in June . . . sumo

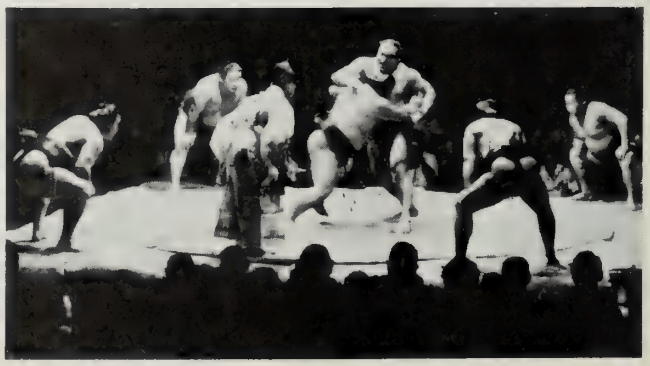
June visitors to Hawaii can take in a rare Asian cultural treat: the sixth Hawaii Sumo Tournament, scheduled for June 6 through 10 at the Honolulu International Center arena under the sponsorship of the 442nd Veterans Club of Honolulu. It will feature the 50 top-ranking Japanese *sumotori*—mountainous but surprisingly agile wrestlers who often weigh in at well over 300 pounds.

This year the excitement will be especially high. One of the competitors is Maui-born Jesse Kuhaulua, the only American ever to win a major Japanese tournament.

The object of a sumo match is deceptively simple: to down an opponent within a 15-foot-diameter open ring, or to force him outside it. The means are brutal—pushing, grappling, throwing—but complex. There are some 70 official winning techniques. Despite their awesome size, the wrestlers seem as quick and deft as ballet dancers, and follow time-honored forms of etiquette.

Matches seldom last longer than a minute; the rituals attending them take a great deal longer. Sumo is rooted in more than 1,500 years of Japanese cultural history; legend says the first matches were struggles among the gods. The silk-clad wrestlers, painstakingly ranked by skill, not size, perform cleansing rituals and posture elaborately before crouching and, at a flick of the referee's fan, thunder across the ring.

Matches begin at 7:30 each night. Seats, all reserved, cost $4 to $7; buy them as far in advance as possible at the arena box office, 777 Ward Avenue. □



Massive *bodies grapple in small ring. Unlike American wrestling, sumo is ruled by etiquette; each wrestler's two attendants watch but don't interfere*

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For example, Dodge Colts have standard features such as front disc brakes, four-on-the-floor, and an adjustable steering column. Plus a few other things listed below.

The '74 Dodge Colt. As you can see, for a little car, it is a lot of car.

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- **Hidden radio antenna (except wagons).**

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Biking information ... where to turn

Sources of help abound for day cyclists and long-range tourers alike.

For a list of bicycling books, including repair manuals and local and regional guides, write to Books about Bicycling, Box 208, Nevada City, Calif. 95959. Other help:

Magazines, newspapers. Distribution is spotty; you may have to subscribe to get copies regularly. Top three monthly magazines: *Bicycling!*, 55 Mitchell Blvd., San Rafael, Calif. 94903; $8 per year. *Bike World*, Box 366, Mountain View, Calif. 94040; $7. *Bicycle Spokesman*, 119 E. Palatine Rd., Palatine, Ill. 60607; $10. Good regional papers: *The Bicycle Paper* (Northwest biking news), Box 842, Seattle 98111; seven issues, $2.25. *High Gear* (California news), Box 486, Oakland 94604; 12 issues, $3.

Maps. Several Western states are compiling free maps for bicyclists, showing alternate roads to posted freeways; some indicate width of shoulders, steepness and traffic load. Example: California's *Pacific Coast Bicycle-Hiking Route Map*. Write to state departments of highways for details.

Clubs and club tours. For a list of clubs, write to Bicycle Institute of America, 122 E. 42nd St., New York 10017. Most have annual 5 to 10-day group rides; three sponsor tours on a wider basis:

The Sierra Club offers bike tours of central Texas, New England, and Hawaii this summer; you overnight at campgrounds. American Youth Hostels, Inc. specializes in longer excursions here and abroad, such as a 42-day tour of the Northwest by bicycle and river raft. On tours sponsored by the adults-only International Bicycle Touring Society, bikers stop at better restaurants, sleep in hotels and motels.

Airline-sponsored tours. American Airlines has a "New England Two-Wheeler" utilizing hostel and/or hotel accommodations. Western Airlines has package vacations to Hawaii and San Francisco with a bike provided at your destination. Lufthansa, KLM, SAS, and Swissair work with local groups and travel agents in promoting bicycle tours of their home territories. (Example: KLM's 22-day tour of Holland by bike, train, foot, August 5 to 27, $1,382 from Los Angeles.)

There's been little promotion on these commercial tours, and it may take several telephone calls or a helpful travel agent to ferret out the details.

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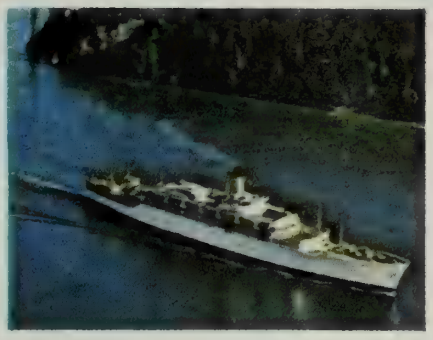

Vancouver is the starting point for a number of exhilarating sea vacations. CP Air can fly you to Vancouver, then put you on one of the famous Inland Passage cruises to Alaska. Or you can rent a cabin cruiser of your own, to explore the Strait of Georgia, San Juan Island, the Strait of Juan de Fuca 'til your heart's content.

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Enjoy a spectacular CP Rail land cruise across Canada West. First, fly CP Air to Vancouver, where you'll spend two nights. Then a two-hour sea ferry ride takes you to 18th-century Victoria for two nights. Finally, climb aboard your luxury rail car for a trip across the Canadian Rockies to Banff, where you'll stay at the chateau-like Banff Springs Hotel.

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It's a tight squeeze *for walkers in narrow Polperro street. Above, tour boat passes row of fishing boats in harbor*

British treat...village exploring in Cornwall

Polperro, set in a coastal ravine in England's Cornwall, is a picturesque vacation spot usually missed by hurried visitors to Britain. Getting there involves a winding drive off a main highway to the coast, but the charm of the old village is worth the detour.

From its sheltered harbor, seventeenth-century smugglers sailed to foreign ports and usually returned with illegal cargoes of brandy and gin to hide or sell.

Today, unusual shops, galleries, and restaurants have replaced the smugglers' dens. But the pastel-colored cottages and cobbled streets look much as they did 300 years ago.

The village is small enough to walk through in a day. You can learn of the deeds of Roger Toms and other infamous smugglers in the Smugglers Museum on Talland street, or sample the best-known Cornish specialties—thick clotted cream (served with scones or berries) or pasties (meat-filled pies)—in one of several cafes. Shops are many and their wares are varied, from Celtic crafts to mariners' supplies.

To tour the harbor, you can take a ½-hour boat trip from the Old Quay for 20 pence (about 50 cents). Hikers can follow numerous hillside foot paths along both sides of the harbor.

Accommodations are plentiful, but it's a good idea to write or call ahead for reservations, particularly on weekends and holidays. (Most hotels are open from March through November.)

If you're driving, a warning: Polperro's streets are winding and narrow, and often crowded with pedestrians. During the summer months the village is entirely closed to motorists unless you are booked in a hotel.

You can park your car in a lot just outside the village (20 pence per day). Horsedrawn wagons run almost continuously between the parking lot and the village, a distance of about ¼ mile. The ride costs 8 pence for adults, 5 pence for children.

To get to Polperro, drive west from Plymouth on Highway A38. Turn left on A387 and follow the signs for the beach town of Looe. Polperro, where the river Pol reaches the coast, is about a 15-minute drive beyond Looe. □

Window display *entices passing villagers*

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The 1974 choice in Alaska cruises

Southeast Alaska's startling beauty wi attract travelers to more than 100 cruis sailings over the next few months. Th island-dotted Inside Passage route is b coming so popular that some shippin lines are pulling large luxury liners o long-distance cruises and putting the onto this Alaskan run.

The cruise from Vancouver to Skagwa gives you the best sample of the wate side of the 49th state. In fact, the on way to see the towns along the way is b boat, for they are not connected by roa

At Glacier Bay you'll see huge glacie and opalescent icebergs, pods of whal and young seals on ice floes. Wrange and Ketchikan are small enough to e plore on foot. Sitka, the old Russia capital of Alaska, has many reminde of its past. Haines and Skagway a jumping-off points to interior Alaska. A Juneau you can shop for soapstone, sea skin, ivory carvings. And of course, a along the way the ship passes forests ar mist-shrouded mountain peaks.

Eight-day cruises

All sailings are round trip from Va couver with departures every eight day There's more space available for Jun September, and October departures.

Canadian National. The *S.S. Prince George* cruises June 5 through Octobe 3. Fares begin at $287.

Canadian Pacific. *T.E.V. Princess Patric* sails June 8 through September 4. Minimum fare is $351.

P & O. The *Spirit of London* cruises June 3 through September 23. Minimum fare is $570.

Princess Cruises. The *Island Princess* departs June 25 through August 20. Fares start at $640.

West Line. The *M.V. West Star* sails June 7 through September 27. Fares begin at $585.

Xanadu Cruises. The *D.E.V. Xanadu* cruises June 6 through October 12. Minimum fare is $383.

Thirteen or fourteen-day cruises

These longer cruises give you the add convenience of a round-trip journ from Los Angeles or San Francisco.

Pacific Far East Line. *The S.S. Monte* or *S.S. Mariposa* depart San Francisco June 17, July 14 and 27, August 10 and 23. Los Angeles departures are a day later. Fares begin at $848.

P & O. The *Arcadia* departs Los Ange June 21, July 5 and 19, August 2, 16, and 30, September 13. San Francisco departures are a day later. Fares start

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Monterey	Sept. 6	Monterey	Jan. 16
Mariposa	Oct. 12	Mariposa	Feb. 14

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An Alaskan trip need not be confined t just the ship and its ports of call. You travel agent can give you details on ex cursions to interior Alaska and fly/cruis options. Most tours include a journey o the White Horse and Yukon railway. Bu tours through the Yukon and Alask take you to Mount McKinley Nationa Park and the attractions of Fairbank and Anchorage. These cities can b jumping off points for one to three-da tours to Katmai National Monumen the seals and rare birds of the Pribilo Islands, or the Columbia Glacier. Yo might also want to visit the Artic coast— the eskimo village of Kotzebue, Nom Point Barrow, or Prudhoe Bay.

Ferry Service

Another way to see the Inside Passag is by car ferry. The Alaska Marine Hig way system provides service betwee Seattle and Skagway with stops at seve towns along the way. One-way passenge fare is $70. For cabin rates and vehic tariffs, contact the Department of Publi Works, Division of Marine Transporta tion, Pouch R, Juneau, 99801.

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One of the best travel bargains this summer may be a book of bus ticket coupons allowing unlimited travel along the route systems of either Greyhound or Continental Trailways. Greyhound calls its plan "Ameripass"; Continental Trailways' is "Eaglepass."

Both offer the option of one or two months of prepaid bus travel along the routes of the issuing bus company. You travel as far and as frequently as you like, stop whenever you like, travel coast to coast direct, or take side trips (the pass is valid on participating connecting bus lines). The one-month plan costs $165, the two-month plan $220. If you purchase the 60-day pass and travel 200 miles a day, for example, you'll be traveling for less than 2 cents a mile.

You can purchase the passes through the bus companies or from a travel agent. □

If faraway vacations are out this year, Tahoe Donner is awfully close to home.

Your vacation isn't a vacation if u stay home. Whatever the outcome the energy situation, you and your family still need to "get away from it all." Even for just a weekend. Vacationing *within* California is sure to pick up as gasoline sales and freeway traffic slow down.

Tahoe Donner is a $33 million resort community in the High erra overlooking Donner Lake, off terstate 80 at Truckee. It's about 200 iles away from San Francisco, or a nkful of gas in the average car. (There's so frequent Amtrak train and bus rvice to the area.)

As owners of property, a home, or condominium at Tahoe Donner, you d your family can dine in the Northoods Clubhouse; play tennis and swim members of the Racquet & Swim ub; ride at the Donner Trails Stables; i (and stay overnight at our own ski dge if your home isn't built yet); play lf on our 18-hole championship course e front nine opens this summer); plore our 4,000 private acres of the orld's most beautiful wilderness. And s only 16 miles to Lake Tahoe's exciting orth Shore, and 38 miles to Reno.

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Now It's Your Turn. For more information, or to spend the night as our guest, call collect (415) 352-2810. Or mail in the coupon below. This offer is made only to persons having interest in the purchase of the property at Tahoe Donner and the financial ability to do so, should they so desire.

Donner Lake is two miles from Tahoe Donner.
Golf photo taken at Alta Sierra Golf Course, Grass Valley, CA.

Please send more information on Tahoe Donner and the Fact Book on its recreational facilities.

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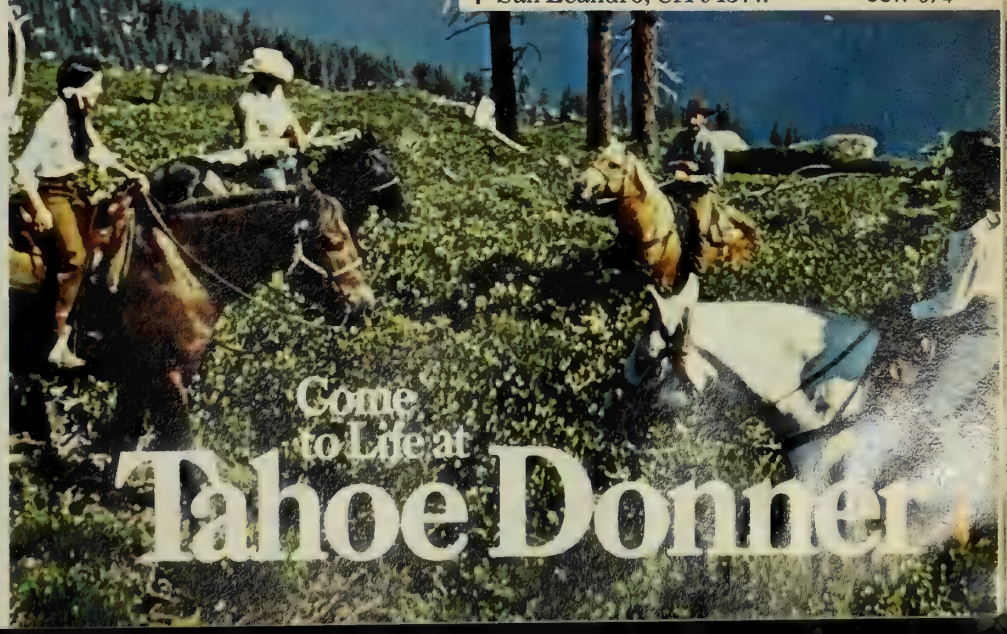


CRAIG ZWICKY

The seaside resortishness of San Diego can be deceiving. Who'd expect to find a Shakespeare festival thriving near Balboa Park's famous zoo?

Yet there it is, right where it first started almost 40 years ago, in 1935—the same year another hardy perennial sprang up in Ashland, Oregon (see page 70 of the June 1973 *Sunset*).

There were several early stops and starts but the San Diego National Shakespeare Festival finally got on course. This summer it celebrates its 25th anniversary.

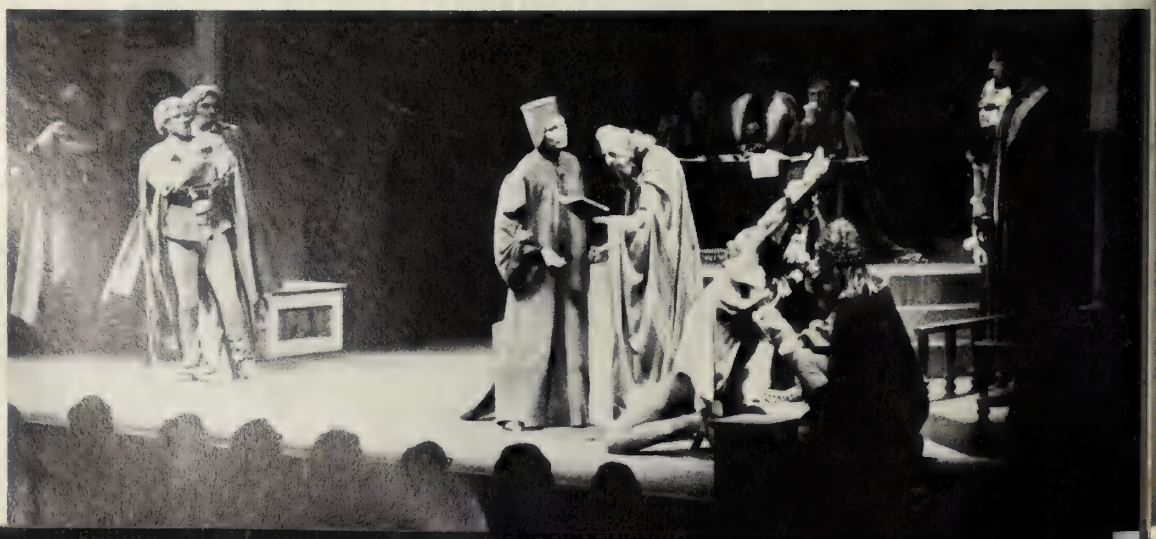
From June 4 through September 15 three plays will rotate in the Old Globe Theatre. Meanwhile, beginning June 26 a modern musical will be playing in the arena-style Cassius Carter Center Stage next door. Since both theaters are relatively small, ticket reservations are strongly advised.

Comparisons with the Ashland festival

Towering *over the Old Globe's office and refreshment and gift stalls at left is the Museum of Man, built for the 1915 exposition. Below, Proteus (Marc Singer) and Speed (Roger Kern) confer in last year's production of Two Gentlemen of Verona*

Shakespeare opens June 4 in San Diego ...Twelfth Night, Romeo, Henry IV

Merchant of Venice *at Old Globe a year ago—first time since 1961*



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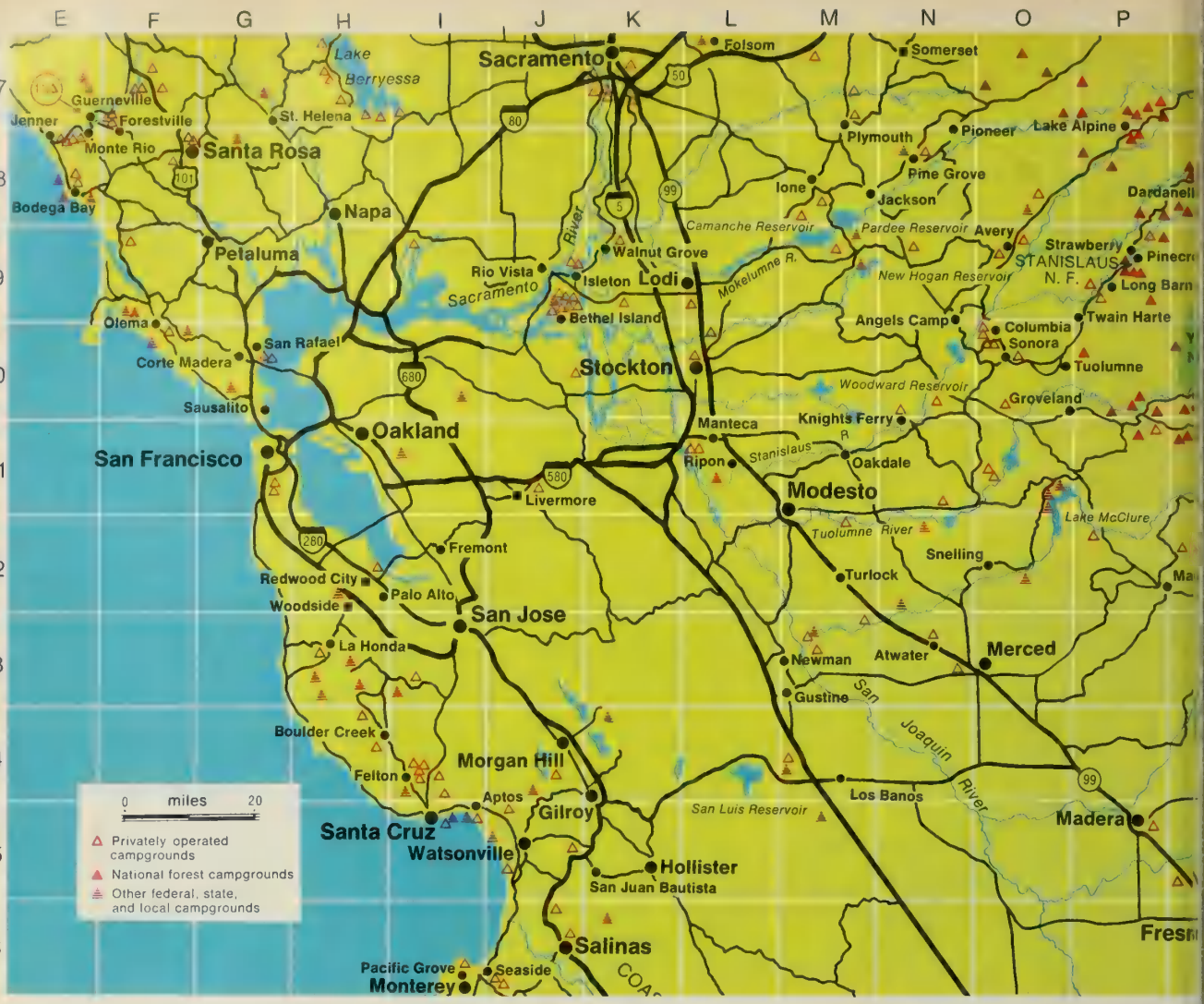

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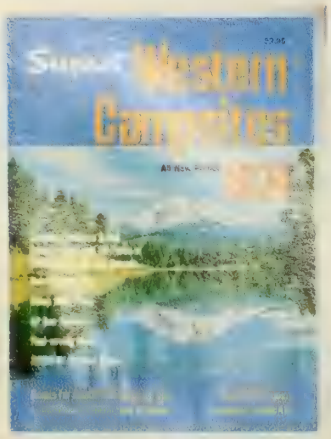

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-oldest annual Shakespeare Festival in e country—are inevitable.

an Diego uses more professional actors -16 in leading roles last summer. Ash- nd relies more on a large company of ore-professionals" and provides them a aining ground. Both pick their casts nd staff from a large body of talented pplicants who often have experience in her festivals or repertory groups like CT (American Conservatory Theatre) San Francisco.

shland's roofless Elizabethan-style the- er, where plays are acted without in- rmission, seats 1,200. The Old Globe heatre in San Diego seats 420—indoors oo many aircraft overhead).

here are advantages to each. Craig oel, producing director at San Diego er since its Festival started, comments, n Ashland's outdoor theater, actors ave to push a little; they have to shout. favors actors with the best voices." y comparison, the Old Globe is more timate, lending itself to more subtle fects. As a result "*Hamlet* is better at e Old Globe; *Henry V* is better at shland."

he noted Shakespearean director B. Iden Payne directed plays at both festivals during their earlier years. In Noel's opinion, "Both groups are indebted to him. His Elizabethan staging was a revelation. Both groups resolved to do Shakespeare faithfully, to demonstrate faith in him as a playwright."

The real pioneer of the Old Globe was Thomas Wood Stevens, who had produced Shakespeare successfully for the Century of Progress in Chicago. For the California Pacific International Exposition of 1935-36 in Balboa Park, he designed a replica of Elizabethan London's roofless Globe Theatre and directed and produced 50-minute versions of Shakespeare's plays.

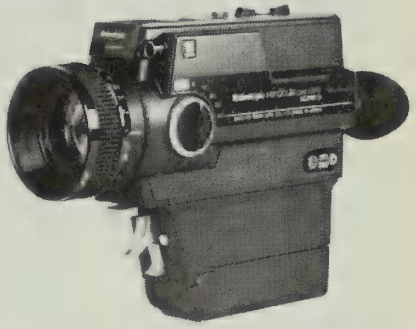
Through the next decade the Old Globe had a checkered career: saved from the wreckers by last-minute efforts of a citizen group, commandeered by the Navy for six years, restored as a community theater again.

The Shakespeare Festival finally began officially in 1949 with 22 performances of *Twelfth Night*, directed by B. Iden Payne and cosponsored by San Diego Community Theatre and San Diego State College. Payne returned to direct ■

Julia *(played by Penelope Windust) at right, and her servant Lucetta (Mary Frances Walsh), are surrounded by friendly "trees" in Two Gentlemen of Verona*

CRAIG ZWICKY

When the two images become one, you're in perfect focus. Only Sankyo Hi-Focus has it.



Most movie cameras have ground glass focusing or guess-the-distance scales. Frankly, they're darned hard to focus.

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CRAIG ZWICKY

uel with padded quarterstaves is part 15-minute Festival Revels on the een—music, dance, foolery—before akespeare begins each evening

ir of plays in each of the following mmers. Then in 1953, instead of akespeare, the theater put on *Mister oberts*, which proved immensely popu- The proceeds were enough to help establish the Festival the next year and has flourished ever since.

he 1974 season

his summer the season will open with *welfth Night* on June 4, and will add *omeo and Juliet* to the repertory on ne 7, and *Henry IV, Part 2* on July 10. here will be performances every night t Monday, plus Saturday and Sunday atinees—and Wednesday matinees ter July 10. Tickets will be $5.25 to 5.75—and $3 for elementary and high hool students at matinees only. Reser- tions are advised.

the 245-seat, arena-style Cassius Car- r Center Stage next door to the Old lobe, *Your Own Thing*, a modern-day usical version of Shakespeare's *Twelfth ight*, will open on June 25 and continue rough the summer nightly except Mon- ay, plus Saturday and Sunday matinees.

nd if you happen to be in San Diego at me other season, there's a good chance seeing something at either or both eaters. In the past full year they have fered 14 productions in 550 perform- nces before a total audience of about 70,000.

or a schedule of performances, or res- vations, write to The Old Globe The- re, Box 2171, San Diego 92112; or lephone (714) 239-2255. □

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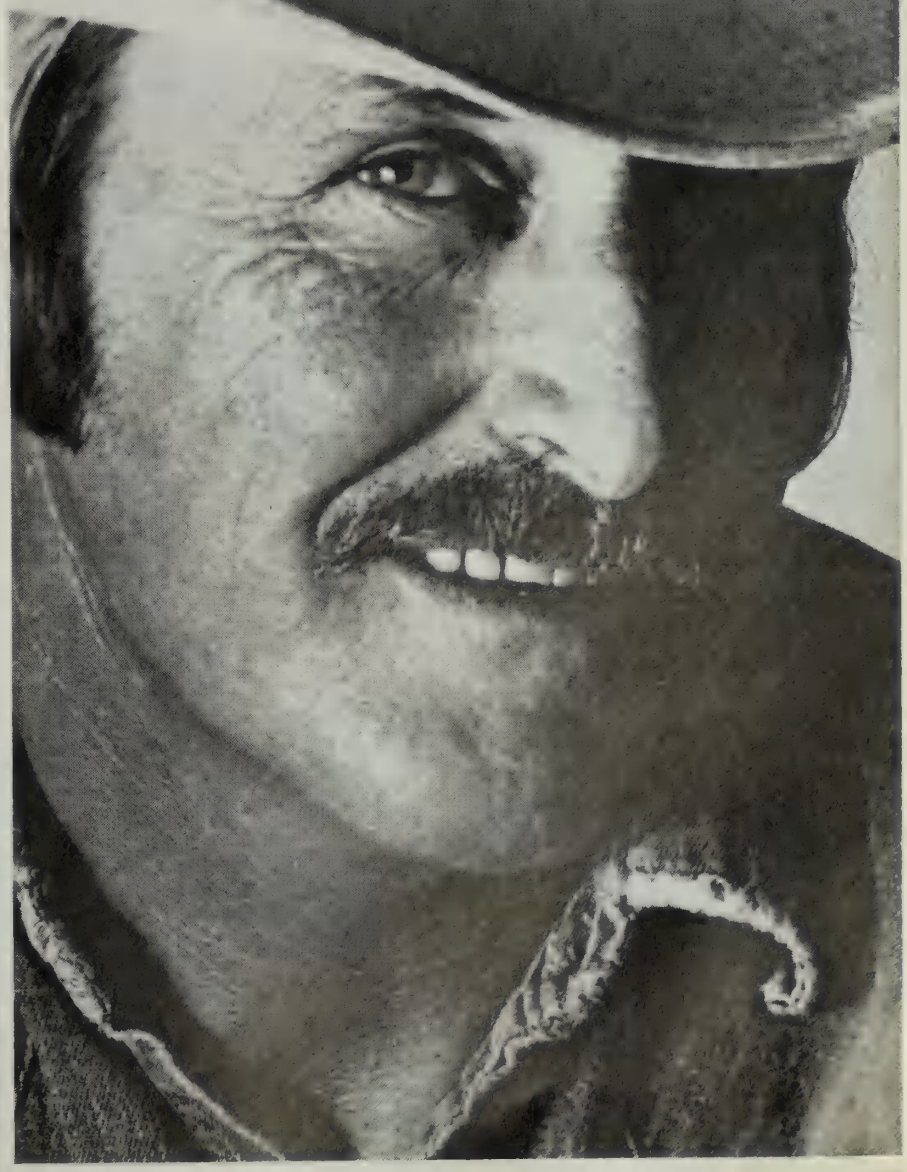
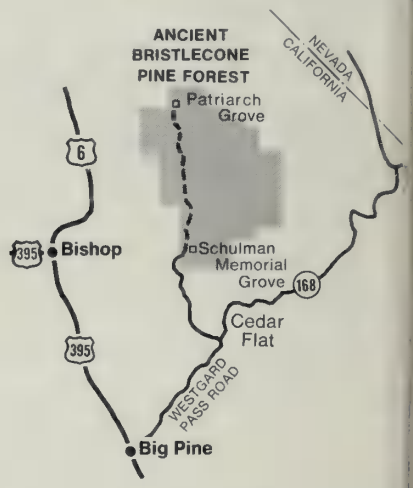
We call this travel bargain IT-PHX-1. For complete details, write Phoenix Metropolitan Chamber of Commerce, Dept.1130, 805 N. Second St., Phoenix, Arizona 85004, or contact your travel agent.

phoenix



Gnarled trees *pose silently as photographers set up tripods on barren mountainside*

Bristlecone *preserve is in White Mountains overlooking Bishop; oldest known trees are in Schulman Grove*



The oldest living things

Near Bishop, California, yours to see, to photograph, to wonder over

"I've never touched anything so pure."

This kind of awestruck reaction, from a woman kneeling by a gnarled tree in the Ancient Bristlecone Pine Forest of eastern California's Inyo National Forest, is not uncommon. The trees are old almost beyond imagination; at 4,600 years, the oldest is commonly considered the world's most ancient known living thing, centuries older than the most venerable Sequoia. A stroll through the preserve is like a walk through time; you feel more like a cautious house guest than a casual visitor.

Old bristlecones are found in scattered and fairly remote stands at high altitudes in Arizona, Colorado, Nevada, New

Snow-streaked *eastern Sierra spreads out before bristlecone visitors*

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Mexico, and Utah, but the most ancient by far are in this small preserve east of Bishop, California, in the White Mountains separating California and Nevada. It's a 37-mile drive from Bishop.

To reach the preserve, turn east off U.S. Highway 395 onto Westgard Pass Road (State Highway 168) about 15 miles south of Bishop, ½ mile north of Big Pine. After about 13 miles, follow the Bristlecone Pine Forest signs due north from the Cedar Flat junction to Schulman Memorial Grove along a steep paved road. You can stop along the way at the Sierra View overlook for a breathtaking view across Owens Valley to the eastern Sierra, marching north and south into the horizon. You can also see Palisade Glacier, southernmost in the United States.

A second stand of bristlecones is located in Patriarch Grove, 12 miles north of Schulman Grove along a rough, unpaved road, not recommended for cars. (When you drive to the bristlecones, be sure to have a full tank of gas, some drinking water, and a warm coat or sweater; summer air is cool and brisk.) There are picnic tables at Schulman Grove.

The very oldest trees are in Schulman Grove, named for the University of Arizona tree-ring researcher who first dated the old bristlecones. Several are over 4,000 years; the oldest—a 4,600-year-old appropriately named Methuselah—isn't marked, for its own protection. Methuselah is still spry: It recently produced more than 40 seedlings, being cared for by U.S. Forest Service researchers.

There are two pathways from the Schulman Grove parking area. One is a short steep hike to 4,300-year-old Pine Alpha, the first identified to be over 4,000 years old. The other is Methuselah Walk, a longer, 4-mile stroll through the oldest trees. Take your time if you're not used to high-altitude hiking.

It's an eerie scene. Spread out over stark white dolomite soil, the trees have been

Young bristlecone *is deceptively tiny: It's already 50 to 75 years old*

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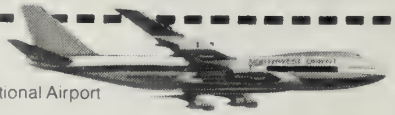

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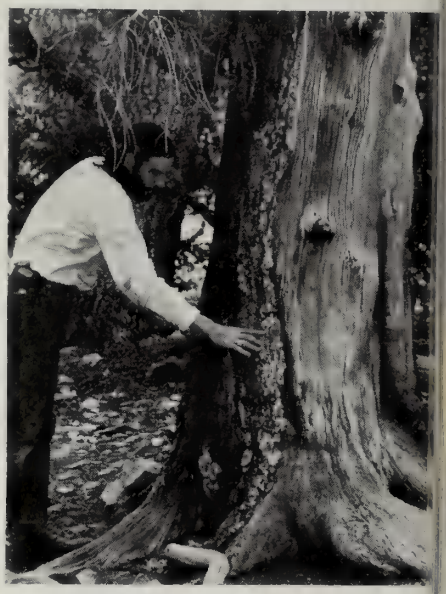
whipped and bent by nature's forces into startling, ravaged shapes. (Noted California artist Millard Sheets, who painted them for *Sunset's* 1973 Christmas card, described them as "great monsters performing an ancient dance.") Just a few wispy weeds and thin shrubs grow among them; the bristlecones are literally children of adversity, thriving for centuries on harsh conditions that starve out other plant life.

Lack of competition is one key to their long life; in lower altitudes and better conditions, they grow well but not to an unusually old age. The bristlecone area has alkaline soil, only a few inches deep, hostile to other trees. Precipitation is light—only 10 to 12 inches a year. The thick buttress roots spread out atop the soil, their tops dead and bared by erosion. The wood is dense, resinous for decay resistance, and slow growing: The trees grow as little as 1 inch in diameter in 100 years.

Most of the twisted trunk of an old bristlecone is dead, with bark weathered



Thin cambium layer *(under bark) is only link between branches and ground. Weathering has exposed tree's dead core*

away; only a thin lifeline clinging to the trunk carries life to the branches. Needles stay on up to 15 years, helping photosynthesis during particularly harsh weather years. The trees virtually stop growing during the leanest years; a normal growing season is only six weeks from mid-June through July.

Several trees in the grove have been entirely dead for centuries; wood fragments strewn about have been dated back well past 8,000 years. Precise tree ring dating has helped scientists refine archaeologists' carbon-dating method. Removal of even tiny wood scraps from the bristlecone area is prohibited.

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CRAIG ZWICKY

Child peeks *into buffalo hide tepee from the mid-1800's, painted with hunting scenes by Nez Perce or Crow Indians*

Indian center just blocks from Expo

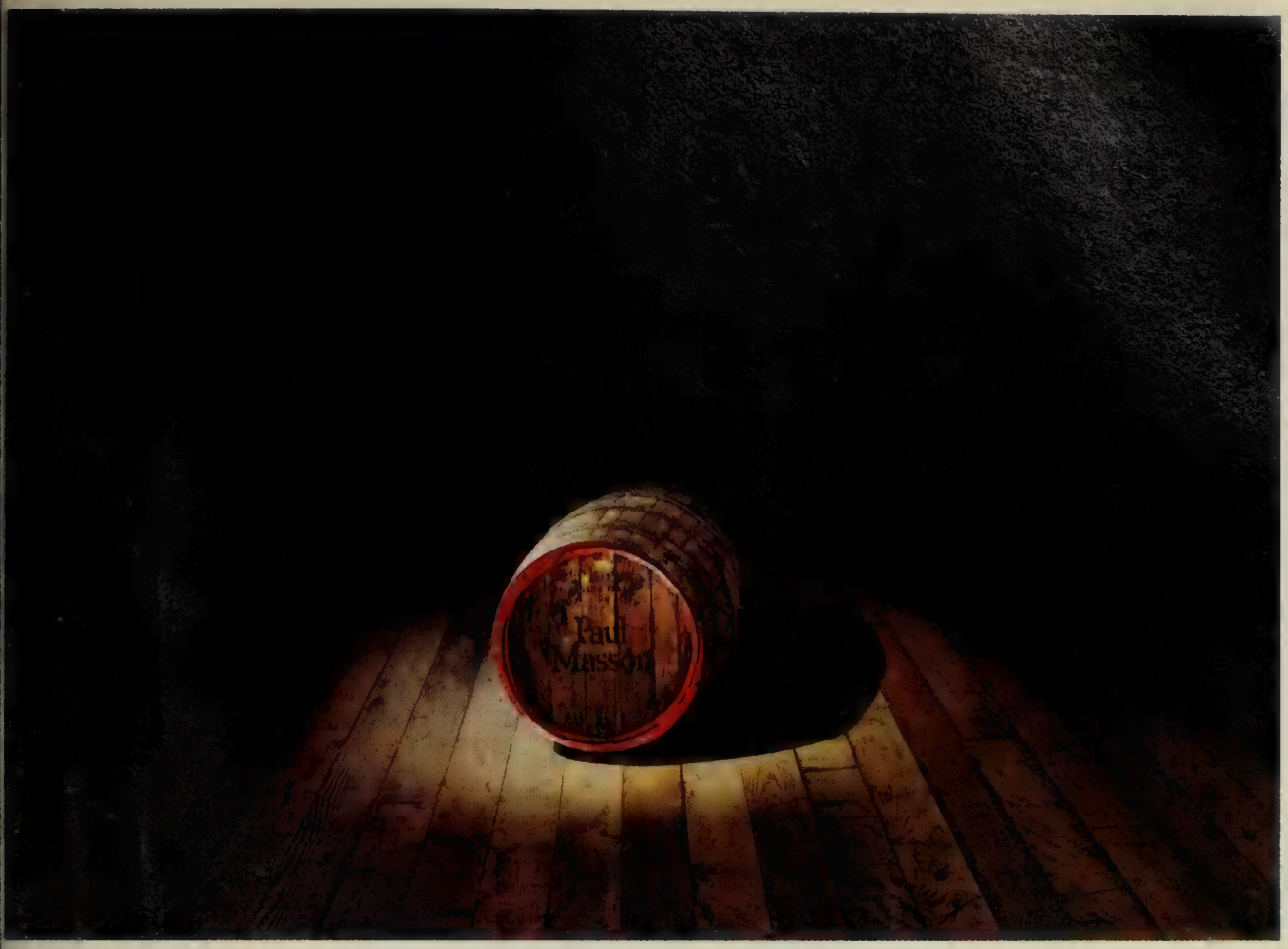
An unexpected treat for visitors to Spokane's Expo '74 is the newly opened Pacific Northwest Indian Center, on the south edge of the Gonzaga University campus overlooking the Spokane River. It's at 200 Cataldo Street, a three-block stroll from the fair's east end.

The four-story center—a truncated cone of red brick, symbolizing an Indian headdress—houses a treasure-trove of Northwest coast and plains Indian lore and artifacts, much of it assembled by early missionaries and fur-trade biographers. Its 28 galleries include the authentic tepee pictured above, a dugout canoe, some great Western painting and sculpture, and priceless records of nearly lost Indian dialects—all helping to make this one of the important Indian museums in the country.

Besides preserving rapidly vanishing parts of Indian culture, the nonprofit center has a short-term goal of providing employment for Indians (attendants are Indian) and a long-term objective of developing Indian economic resources and management skills.

This summer the center will have organized dances and other performances, but there's no firm schedule.

The Pacific Northwest Indian Center is open daily 9 A.M. to 9 P.M.; admission is $1 for adults, 50 cents for youths 6 through 18, 25 cents for children under 6. There's a discount rate of $2.50 for a family. ⊏



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worked his magic...after you've done everything you can to make a fine wine,
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Paul Masson

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DOUG WILSON

Glittering *lake of ice, ½ mile long and up to 30 feet thick, is crossed here by a wooden boardwalk*

Wind makes underground ice in Idaho

The Shoshone Indian Ice Caves, 37 miles north of Twin Falls, Idaho, can provide a cool refuge from desert heat as well as an interesting stop for travelers headed up U.S. Highway 93 to Sun Valley or heading south from Spokane's Expo '74.

A 40-minute guided tour begins by a descent into an enormous lava crater that leads into the ice cave, 90 feet underground. Inside the freezing chamber, you follow a boardwalk beneath electric lights over a block of ice 30 feet thick and a thousand feet long. Progress is eventually stopped by an ice wall at the far end of the cave.

Guides explain how water seeping through the porous lava above the cave accumulates and is frozen by wind currents passing through the underground chamber. The ice is produced on the same expansion-compression principle used in modern refrigeration. Cave air temperature is always about 30°.

The cave was discovered by early settlers in the 1880's and supplied ice until about 1930. Then developers, unaware that the cave's particular configuration was essential to ice formation, blasted open the narrow entrance. The ice began to melt.

Outside *the ice cave, visitors peer into a deep lava crater, one of several flanking the cave entrance*

A few years later another entrance was opened at the back of the cave, allowing warm air to sweep through and melt all the ice. A WPA (Works Projects Administration) educational project was abandoned in 1939, and the cave became increasingly vandalized.

Restoration began in the mid-1950's, and since then the lake of ice has been steadily re-forming.

Today tours are managed by a private concessionaire, who leases the cave from the state. It's open daily from May 1 to October 15. Tours begin every 20 minutes between 8 A.M. and 8 P.M. Admission for adults is $1.65; students 12 to 18, $1; children 7 to 12, 75 cents; [illegible] under, free.

What's Expo '74 like? Should you go to Spokane?

Here is Sunset's report based on a see-everything, try-everything look as the new fair opened

Great insects *hover over pesticide cube and garden of seed packets in U.S. pavilion. Garbage Mountain houses an exhibit that's both amusing, disturbing*

Gondola cars *take you bridges and right in of thundering river falls. great thrill of the fai wait in line to*

Skyriders *cross forebay of Spokane Riv Chinese junk is moored below. Restored Great North tower is last remnant of site's old railroad d*

Nightly fireworks *burst over U.S. pavilion, fair's dominant structure*

GLENN CHRISTIANSEN

Sousa to Stravinsky: *Youthful bands play by day (above); after-dark audience lines balconies of new 2,700-seat Opera House (below)*

CRAIG ZWICKY

wo questions bombarded *Sunset's* re-orting team after returning from the pening days of Expo '74 in Spokane. What's it really like? Should we go this mmer?"

ere are our answers.

xpo tries to be two things: A show which means fun) and also a serious hicle for messages of environmental oncern—it's the first world's fair with ch a strong binding theme. It's a small ir on a most exciting site, bordering d sitting in the middle of lively, rushing river rapids. It's certainly the most international event ever to hit the intermountain West.

We could rate the fair the way Michelin rates French restaurants: A really good place is worth a considerable detour, a great place worth a journey.

Expo '74 is worth a detour to Spokane for most visitors going to Portland, Seattle, western Canada, or Alaska; or you can plan a Northwest tour with Expo as a start. Spokane is about 280 driving miles from Seattle.

Expo '74 is worth a single-purpose journey for families—particularly with teenagers—with an unsatisfied curiosity and concern about the environmental fix we're in. Some environmentalists dispute Expo's importance, but most visitors come away thinking about it.

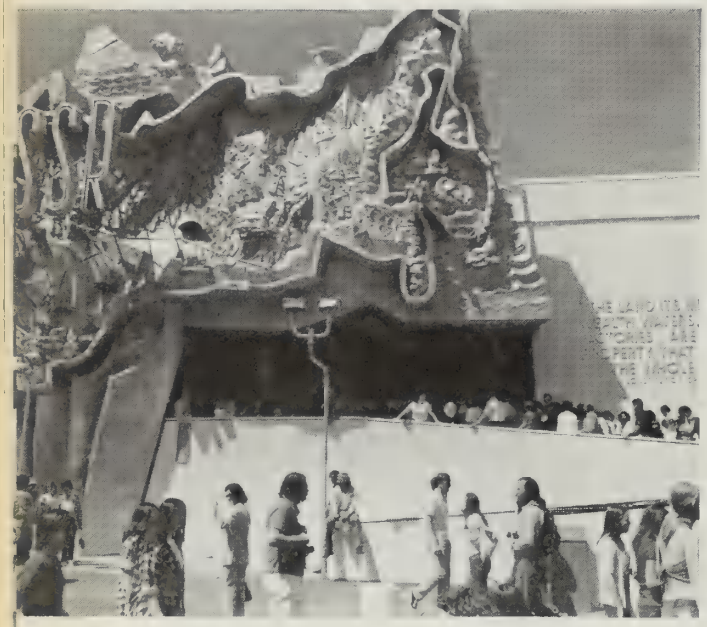
Expo as a show

There is free entertainment as you walk about (mimes, bluegrass, can-can, choirs, dancers, brass bands).

There's a large but fairly standard amuse-

In the big USSR pavilion, art and politics mix with ecology

Russian presence *is strong. Great bust of Lenin (right) dwarfs display spheres. A 4,500-pound aluminum relief map (below) towers over pavilion entry*



CRAIG ZWICKY

ment park. One unusual ride—barring technical problems—takes you up in a tethered hot-air balloon.

There's a grand new opera house with near-nightly entertainment ranging from Bill Cosby and Liberace to the Philadelphia Orchestra, Margot Fonteyn and the London Ballet, and from hometown girl Patrice Munsel to Gordon Lightfoot and Kris Kristofferson. Some big shows will be held in the nearby Spokane Coliseum; there's free and continuous entertainment at open-air amphitheaters and a floating stage facing the Washington State pavilion.

The day's events are listed on a display board just inside each entry gate. Here you can also buy $1 guides and $2 souvenir program (not very useful) and Expo's 50-cent site map (quite useful but a bit inaccurate). You can rent wheelchairs at the gates for $7 per day or $2.25 per hour, strollers for $2.75 per day.

But Expo's biggest show is its site: the crashing falls, the sound of water, the river overlooks. When the water is high, one favorite walk is over the pedestrian suspension bridge from the west end of Havermale Island to Canada Island; on hot days visitors line the bridge to catch the cooling buffets of river spray.

You can take a 10-minute suspended gondola ride down over Spokane Falls ($1 for adults, 50 cents for children under 12), or beginning this month a serene barge cruise upriver ($1.50 for adults, $1 for children 12 and under). At a Travel Terrace booth you can arrange for a breathtaking whitewater trip downriver ($20 per person for a 4-hour round trip) or a less demanding 2-hour float trip ($6 for adults, $3 for children under 12).

Expo isn't a level site, and it isn't in grids like Seattle's 1962 fair. The United States Pavilion is surrounded by a high grassy mound, a mound also separates the folklife festival grounds from asphalt walkways, the Boeing International Amphitheatre slopes down to an upstream river view. Skyride cars crossing the fair site carry you above it all. (A one-way skyride costs 75 cents fo adults, 50 cents for children under 12.)

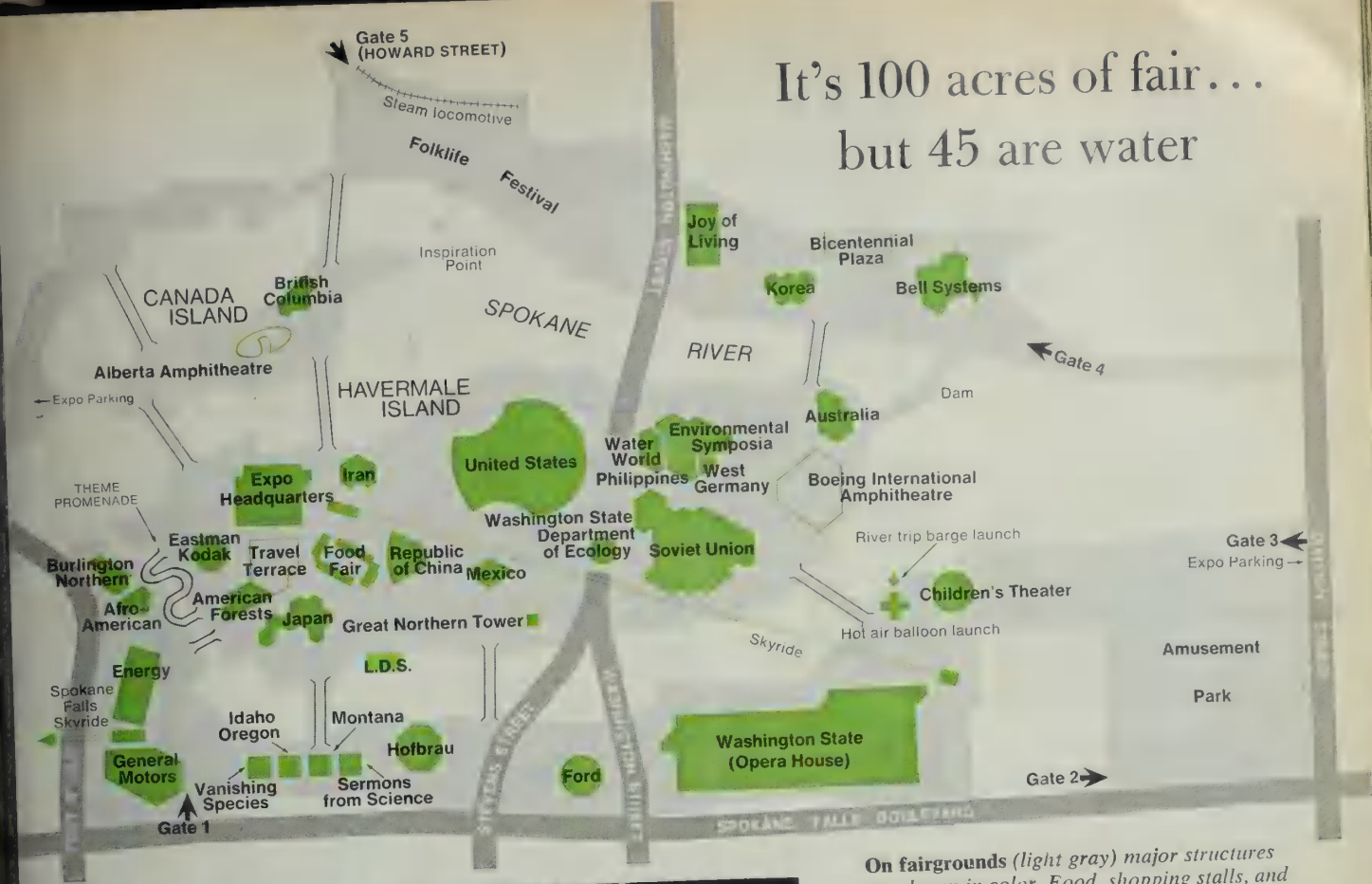
Two structures dominate: The 145-foo high canopy of the United States Pa vilion, and the restored Great Norther tower, a reminder of the site's railroa heritage.

The fair's "meet-me-at" landmarks an five giant canvas butterflies, each a dif ferent color, held to tall white posts wit springs that let them bob in the wind.

Fair visitors should picture in their minc what the fair site was in 1971, what will become in 1975. Then it was seed rail yards, old rail stations, industri blight in Spokane's downtown. Afte Expo ends in November it will evolv into a downtown river park with ne opera house, lawns, fountains, a carouse and the river open to everyone's view.

Downtown Spokane itself has also bee considerably spruced up, with a burst c construction; numerous covered pede trian bridges connect buildings. The ol

It's 100 acres of fair... but 45 are water



On fairgrounds *(light gray) major structures are shown in color. Food, shopping stalls, and concessions are scattered among them*

rt *dots fair site. Hollow bronze girls re by rear terrace of Soviet pavilion*

GLENN CHRISTIANSEN

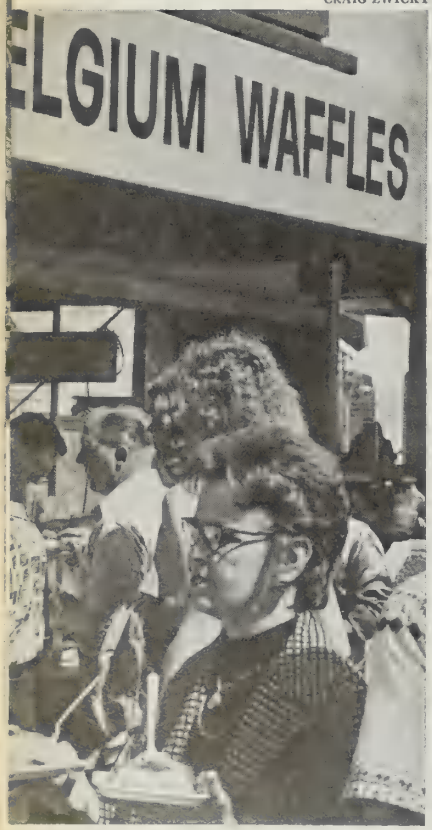
Does *crash-resistant air bag really work? Try it yourself at G.M. pavilion*

Two Russians *puzzle over figure of future in Ford pavilion wearing "oxygen mask pendant" and "folding hat/umbrella"*

Almost life-size *acrylic by Paul Sarkisian in splendid art show at Washington State pavilion*

French. *Fairgoers dine in intimate corner of Pierre Interlude, one of Expo's seven restaurants*

GLENN CHRISTIANSEN
CRAIG ZWICKY



Belgian. *Woman carries away waffles from one of many foreign food stalls at Food Fair*

Korean. *Dancers form circle of fans. You can sit around stage or view them from restaurant*

Russian? *Cowboy-garbed Americans await their vodka in Soviet balcony lounge-bar*

Korean girls swirling,
lunch in France or Belgium,
beer from Bavaria

kid road area is slowly changing over to ›right, small shops and night spots.

'he environmental message

Expo's theme is "Celebrating tomorrow's resh, new environment." Exhibitors nake this gesture with varying degrees f effort and success. Full-time environnental groups are virtually unrepreented, and some are hostile to the fair. But Expo has probably the greatest conentration of environmentally-oriented isplays ever open to the public in one lace. Some are stunning, and the stars re the American and Soviet pavilions.

'he USA pavilion is most dramatic. Its nvironmental message is strong, peronalized, and has a large dose of humor, ot lecturing. It's in three parts.

tart with the movie in the quick-loading, quick-emptying 850-seat theater on the right as you enter; it has perhaps the largest movie screen yet used anywhere (65 feet high, 95 feet wide). It's an experience—from the swift aerial trip down the Grand Canyon to a hair-raising high-speed freeway ride. People grip their seats in the movie; it can be strong medicine for small children.

After 22 minutes you move out under the lofty open-sided canopy to see how the problems presented by the movie relate directly to you. This is the next shocker: great satiric sculptures—backed by cartoon panels and some powerful, readable text—bring home such matters as pesticide use, consumption of wood and electricity, smog production, and solid waste disposal. A "population clock" gongs ominously every 10 seconds as another human is born; beneath it rotate displays of what the child will consume, produce, waste in a lifetime.

The third part of the USA presentation has less impact but is still impressive: a handsome visual walk-through exhibit cataloging government actions in the environmental field. It admits clearly at the entrance that federal action has been largely a result of individual action.

The Soviet presentation has fascinating differences. Our message dwells mostly on problems we face, theirs shows intended solutions. But our problems are similar. They too have fouled water, strip mining scars, vanishing forests, smog.

As you move through the complex Soviet presentation, you can pause at three different places for short movies. Some

Bavarian. *Beer-laden waitress cheerfully maneuvers among tables at Hofbrau*

Bluegrass. *Musicians pick, strum, and fiddle near Korea pavilion*

Tyrolean. *Band tootles on while photographer leans in for shot*

Korean. *A ging is a gong that sounds welcome to Korean pavilion. Koreans pronounce it "ch[illegible]"*

Open-air pedicab *with smiling driver delivers visitors from downtown hotel to Expo gate. Ride costs $1.50 per person*

show the beauty of the natural scene (polar bears to camel herds, ice floes to steppes to desert), some are more ponderous. Films will change during Expo's six-month run.

The rest of the USSR pavilion is partly environmental exhibits, partly museum with contemporary folk art, sixteenth-century Armenian illuminated manuscripts, modern painting, sculpture, weaving. Parts of the interior resemble a Grimm-like forest. Displays are elaborate and painstakingly engineered, but you sometimes need a hostess's help to figure them out. Many displays have tri-lingual telephone explanations, sometimes hard to hear due to background noise.

The pavilion is popular; you should go early to avoid lines. Upstairs, inside the pavilion, look for the sign leading to a handy back entrance to the Soviet restaurant and bar—you'll miss the waiting line in front of the restaurant.

In other national and commercial pavilions the environmental message is more brief and sometimes less effective. It's almost always audio-visual: multi-screen movies and slide shows, sometimes augmented with mirrors.

The don't-miss attractions

You may want to see some attractions first if your time is limited. Certainly important is the art show, *Our Land, Our Sky, Our Water*, assembled by *San Francisco Chronicle* art critic Alfred Frankenstein from across the United States and Canada. The show's value is estimated at $5 million. Artists brought together in this show are both impressive and surprising. Mark Tobey, Thomas Hart Benton, Albert Ryder, Charles Burchfield, Frederick Remington, Jackson Pollock, and more. Admission is $1.

Also see the trash-swallowing goat, an iron sculpture rigged to a powerful vacuum to suck in soda cans and other trash (the vacuum, unfortunately, reversed itself on Expo's opening day); Haida Indian Bill Reid's carved masterpieces at the British Columbia pavilion; the Canada Island playground; the ceiling-scraping rag doll sculpture of Wilt Chamberlain (upstairs in the quite entertaining and informative Afro-American pavilion); Korea's dancers; and the endearing baby animals at the vanishing species exhibit. Kids report favorably on the "hands-on" gadgets in the General Motors display.

The folklife festival, titled "The Northwest: a gift of the earth" and conceived with help from the Smithsonian Institution, seems to have become the great success that we predicted for it last month. Early fairgoers were slow to discover its north-bank location, a bit remote from Expo's center, but once aboard they joined with a will in audience-involving activities—log-rolling, gold-panning, folk-dancing, food-tasting.

The Scots were in control during opening week, handing out portions of shortbread and haggis (and recipes), making bagpipes, drawing visitors into lively dances. (For coming ethnic theme weeks, see page 89 of the May 1974 *Sunset*.) The Indian village is in full swing.

The festival site is dominated by Union Pacific's immense 30-year-old steam locomotive, last of its kind, now retired. (It ran 1,600,000 miles, much of it at 90 mph.) You can clamber aboard and listen to its original crew spin yarns.

You'll see, hear, taste, enjoy Canada at Expo. The border's close by. One riverisland is named Canada, the Mounties are on hand, so are Canadian Indian dancers, totem carvers. There's Canadian cooking in the Food Fair. You see uniformed Canadian school girls among the visitors.

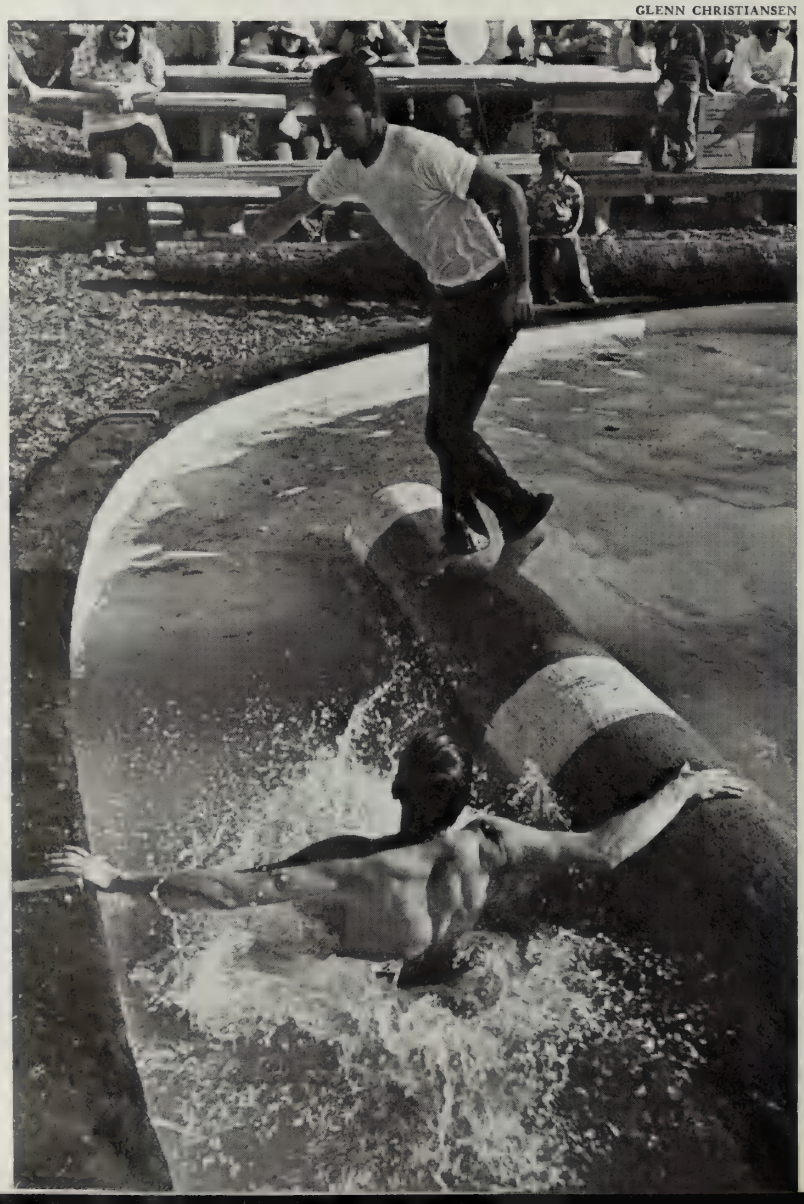
Eating . . . where and what

Eating at Expo is a mixed experience. Among the seven sit-down restaurants: Korea serves food in airline-style plastic trays; Korean girls dance every other hour. USSR is a roomy cafeteria, very popular, with a balcony bar. Bavarian Gardens has accordion music, steins of Löwenbrau, sausage sandwiches. Pierre Interlude is a French restaurant with outdoor waterside terrace.

But the stalls of the Food Fair—and

Expect *to get wet when you learn log-rolling from experts at folklife festival*

GLENN CHRISTIANSEN



ther isolated stands about the grounds –are the main meal-serving places.)pening-week prices seemed a bit high nd much of what's available is not too otable, but *Sunset's* editors found some f it tasty and interesting: *holubchi,* a Jkranian cabbage roll, leaves wrapped round rice, two for 75 cents at a Canaian stand; *chicken inihaw,* $1.29 at the 'hilippine stand, skewered quarter hicken cooked over charcoal, sweet-hot easoning; a great avocado and tomato andwich, $1.35, and papaya-protein lixir, 65 cents, at a natural food stand.

Also look for Japanese shrimp tempura, Belgian waffles with fresh strawberries, oft pretzels (hot, bread-like). A family an fan out for variety.

Try to eat before and after the noontime ush; Expo's food service is inadequate uring busy days. You can also picnic. Take along an airline flight bag and fill it p at Expo or in town; good picnic spots nclude the U.S. pavilion lawn, the Interational Amphitheatre (a hillside of small atio-like spaces with benches), Bicenennial Plaza, and the grassy spot along the water in front of the Ford pavilion. (At first, security guards ran picnickers off the grass at the U.S. pavilion. Fair officials have since told *Sunset* that picnickers "can go anywhere.")

Non-food shopping is an Expo weak point, but you may find some surprises if you search diligently.

Prices, hours, child care

Expo's daily admission charge is $4 for adults, $3.25 for youths from 12 through 17, $2 for children from 6 through 11, free for children under 6. It covers all attractions except as noted otherwise.

Expo is open daily from 10 A.M. to 10 P.M.; the amusement park stays open later. The folklife festival grounds are in full operation noon till 7 P.M., with some entertainment until 9 P.M.

In the child-care center at Expo headquarters, it's $1 per hour for one child, 50 cents for each additional. (The first-aid center is also here.)

What's next

While Spokane's Expo '74 is still brand-new, its successor Expo is already a-borning. As you leave the Japan pavilion you'll see the first announcement of Okinawa's International Ocean Exposition (subtitled "The sea you'd like to see") scheduled to open July 20, 1975. At our press time, a *Sunset* editor and photographer were packing to leave for a first inspection of the Okinawa site. □

Expo is the Northwest ... log-rolling, totems, a white-water river

Totem-in-progress *and seawolf carving by Haida Indian Bill Reid are on Canada Island*

CRAIG ZWICKY

Indian *dances at folklife festival's Native American Earth area*

Raft slams *through rapids below Spokane Falls. You can arrange for river trips at fair*

Girl visitor *inspects girl statue at show's opening in New York last winter. Statue was figurehead of ship Creole, 1847. Hanging sign advertised Massachusetts inn and store, 1832. Painting at left shows Boston youth on way to school, book and hat in hand, 1820*

This year and next, and especially in 1976, American history will be on public parade coast to coast.

The first bicentennial look-into-the-past for *Sunset* to report is an exhibition that opens an 80-day run on June 29 at the M. H. deYoung Memorial Museum in Golden Gate Park, San Francisco. It was first presented by the Whitney Museum of American Art in New York and it is scheduled for only one showing in the West.

This is unquestionably the finest American folk art show yet put together and the first ever to survey the entire range of American folk art—everything from pottery, quilts, furniture, scrimshaw, and portraiture to weather vanes and figureheads. The 200 final choices for the show were selected from more than 10,000 pieces uncovered in the nationwide survey.

Folk art scholars Jean Lipman and Alice Winchester conducted a year-long treasure hunt across the country in museums, with dealers and collectors, in private houses. They deliberately limited them

Tulip quilt, *1875, is big, more than 7 feet square, and bold. Colors are a bright off-orange with dark green pattern, border*

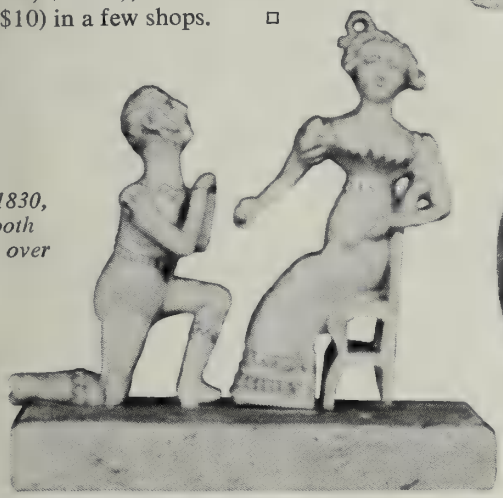
THE BICENTENNIAL EVENTS BEGIN

"The Flowering of American Folk Art 1776-1876" opens June 29 in San Francisco — for 80 days

·lves to the 1776-1876 century. As the ıow's name points out, this was the me of the flowering of American folk 't. If you wanted a rocking chair or a re screen, you made one or you had ıe made. After 1876 came the flower-ıg of Sears Roebuck and Montgomery Vard. There then was an easier way.

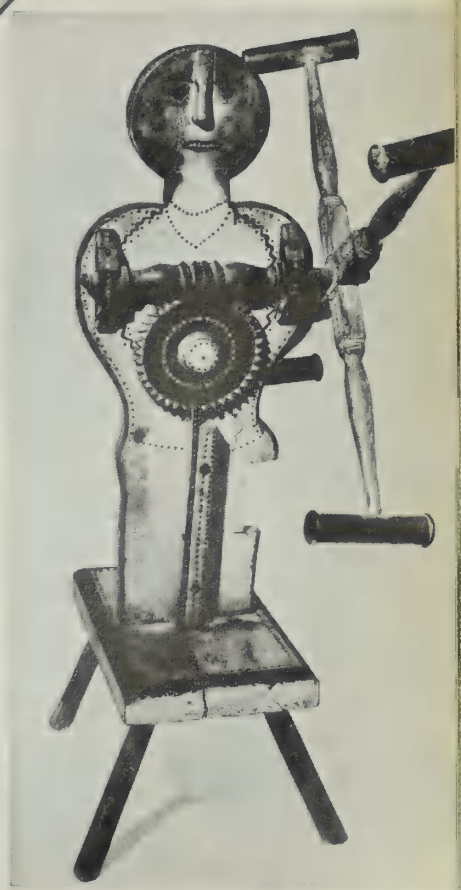
he new folk art show is a feast and with comes a feast of a book. For those ho can't visit the show itself during its an Francisco run, bookstores and mu-:um shops through the West have the ardcover book: *The Flowering of Amer-an Folk Art (1776- 1876)*, by Jean Lip-ıan and Alice Winchester (Viking Press, lew York, 1974; $19.95); it's available ı paperback ($10) in a few shops. □

Spring Blessing, *1785, does honor to a flowering, potted fruit tree. Ink and watercolor on wood, 8 by 12½ feet*



he Proposal, *1830, ırved whale tooth :rimshaw, just over inches high*

Cocked-hatted fiddler *plays for dancing couples on redware plate, 1786— but inscription in dialect German refers to maid putting on airs*



Woolwinder, *1875, stands 39 inches, is good-humored folk art masterpiece*

Lion in chain, *1818, is 5-foot-wide Connecticut tavern sign of painted wood*

The way it was. *Deck at back of house was surrounded by bench-railing, screened with hedge. Narrow steps. Not very useful*

GERALD R. FREDRICK

Off with the railing, *out with the hedge. Generous sized steps built. Here's the scene on the wedding day, before crowd arrived. The new steps are 4 feet wide, vary in length from 14 to 32 feet*

They did over the garden for a summer wedding

First a big new deck . . . then some big edgings

An old garden had its 1950's primness stripped away last summer. The operation took many hours of work in June, July, and early August. But there was a deadline incentive: the new unprim garden had to look magnificent by August 18—the day it would become the site of a wedding reception.

The hard construction work was chiefly: opening an existing deck to the garden with new big steps, and installing bold, new garden edging as pictured on pages 86 and 87. Here is how these two changes were accomplished.

The new deck steps

The original deck was built in 1957 and in its day was an improvement. It replaced a 1911 set of back steps that took you directly from the back door to the ground.

But the 1957 deck was almost enclosed by a railing-bench. Two things were wrong with it. It prevented the deck from ever becoming a real part of the garden. (To go from deck to garden you had to walk around the railing, and to look from deck to garden, you had to peer under or over the railings.) And furthermore, that railing-bench was uncomfortable—the backs were straight-up vertical.

Each of the new deck steps is 2 feet wide. The risers are 6 inches high. Some of the steps either stop short or extend beyond the one below, making the drop 12 or 18 inches and creating good sitting places for looking out to the garden.

The new edging

The other major change was removal of all the old flush-with-the-surface header boards (or edging boards) and replacement with lengths of weathered logs.

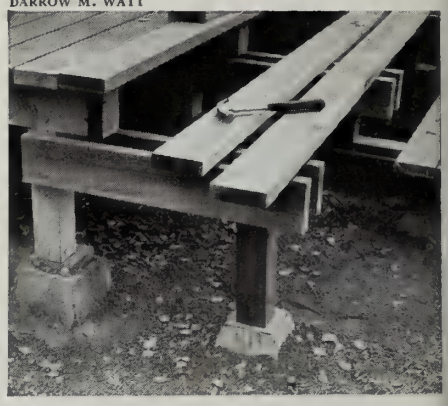
In the portion of the garden shown on pages 86 and 87, the logs were placed in a lawn to make a C-shaped path. The grass growing between the logs became a green carpet. Outside the logs, the grass was spaded under to make beds for marigolds, marguerites, and fuchsias.

The work of installing logs scuffed up the existing grass within the pathway. So, six weeks before the wedding, the owner overseeded it with Manhattan rye grass, a fast-growing variety that can take some shade. It filled in nicely.

Even in a flatland garden like this, logs have at least three advantages over at-grade header boards (on hillsides they have another advantage—they can make retaining walls).

One advantage is that with logs, as with

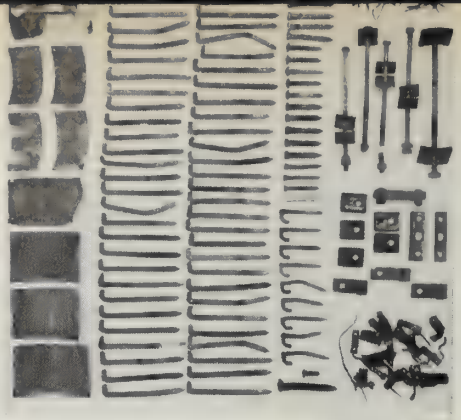
DARROW M. WATT



How new steps *were made. Posts at left were from original deck. New posts at right. Pairs of 4-foot joists connect old posts to new ones*

The wedding afternoon. *A crowd of 250 moved up and down the steps (to left of cake table), danced on them, stood on them, sat on them. They're made of 2-by-6's, same as 17-year-old original deck*

Utility pole *gets cut to right length with chain saw; it's a two-man job. (Remove hardware beforehand)*



DARROW M. WATT

Poles contain *much ugly hardware that you must remove. Items above came from 231 linear feet of poles: 61 climber's bolts, 21 lag bolts, 11 metal plates with holes, 9 hook bolts, 8 squares of sheet metal, 5 pole-diameter bolts, a railroad spike, pile of nails, pile of tin, pile of little iron things*

Put handcart wheels *under log's center point. For longer logs, rear man pushes on log's back end*

railroad ties, you never have to concern yourself about the height of the soil on the planting side. You can add all the soil conditioners or mulches you need, rotary till or spade all you want, and the logs act as big unmovable dams to keep the garden bed material from falling out onto the outside surfaces.

A second advantage is that the logs act as guards to keep hoses from smashing plants and to keep tricycles and other vehicles where they belong.

The third advantage is that almost anything can happen, and the logs will still maintain the garden's design. Flush-at-surface header boards don't do this. A big leaf fall can hide them and the garden's design becomes utterly lost. (That was what had happened just before the photograph at upper left on page 84 was taken; a seasonal leaf fall when there were no plants in the beds made the garden look like the Great Plains.)

What we've been calling logs are really cut-up lengths of utility poles. But once you take out all the hardware and cut them up, poles become logs again.

Where do you find used utility poles to make into logs? Utility companies continually remove weakened and abandoned poles. But today, the demand generally exceeds the supply. There is no common source for all communities. Mostly, you get them by scrounging—telephoning one likely place after another and keeping your eyes open. Power companies and telephone companies are the most likely sources in some communities. In others, these companies sell the poles to building and garden supply dealers from whom you could buy them.

Utility poles are heavy. You need a truck to carry them; they're too much for a station wagon's springs. If you get them from a utility company's yard, the foreman may choose to forklift your poles onto your truck rather than let you risk injury by trying to lift them.

When you get them home, use a pipe wrench to unscrew hooks and bolts.

Utility poles are mostly alike in diameter—after all, each was once the trunk of a Douglas fir, cedar, or pine. They all taper from about 24 inches to about 8 inches in diameter.

The bottom six or eight feet of a used utility pole is mostly useless—too thick to look nice and usually covered with sticky, smelly tar stuff.

Even so, there are important differences between the useful parts of different poles. Some were pressure-treated all over with a sterilant. These poles will stay clear of moss indefinitely. Others were not treated and in just six months logs cut from them will begin to develop a mellow patina of green growth.

For this reason, try to cut one pole at a time into useful logs and lay these logs end to end. That way the logs in any one stretch will look alike as the seasons come and go.

What about rotting and termites? Unless you abut a log to your house (a bad idea), don't worry about them. Used logs are so big and fissured that a painted-on coat of wood preservative would probably be ineffective. But in most soils, even an untreated pole will last at least 7 to 10 years. □

A special extra *you get with log edgings—they're foolproof, rock-solid hose guards*

Pole handling isn't easy.
You need a truck, extra hands.
Results are bold, lasting

Bury *lower halves of the logs—horizontals and verticals. Nail joins with long spikes. Tamp soil*

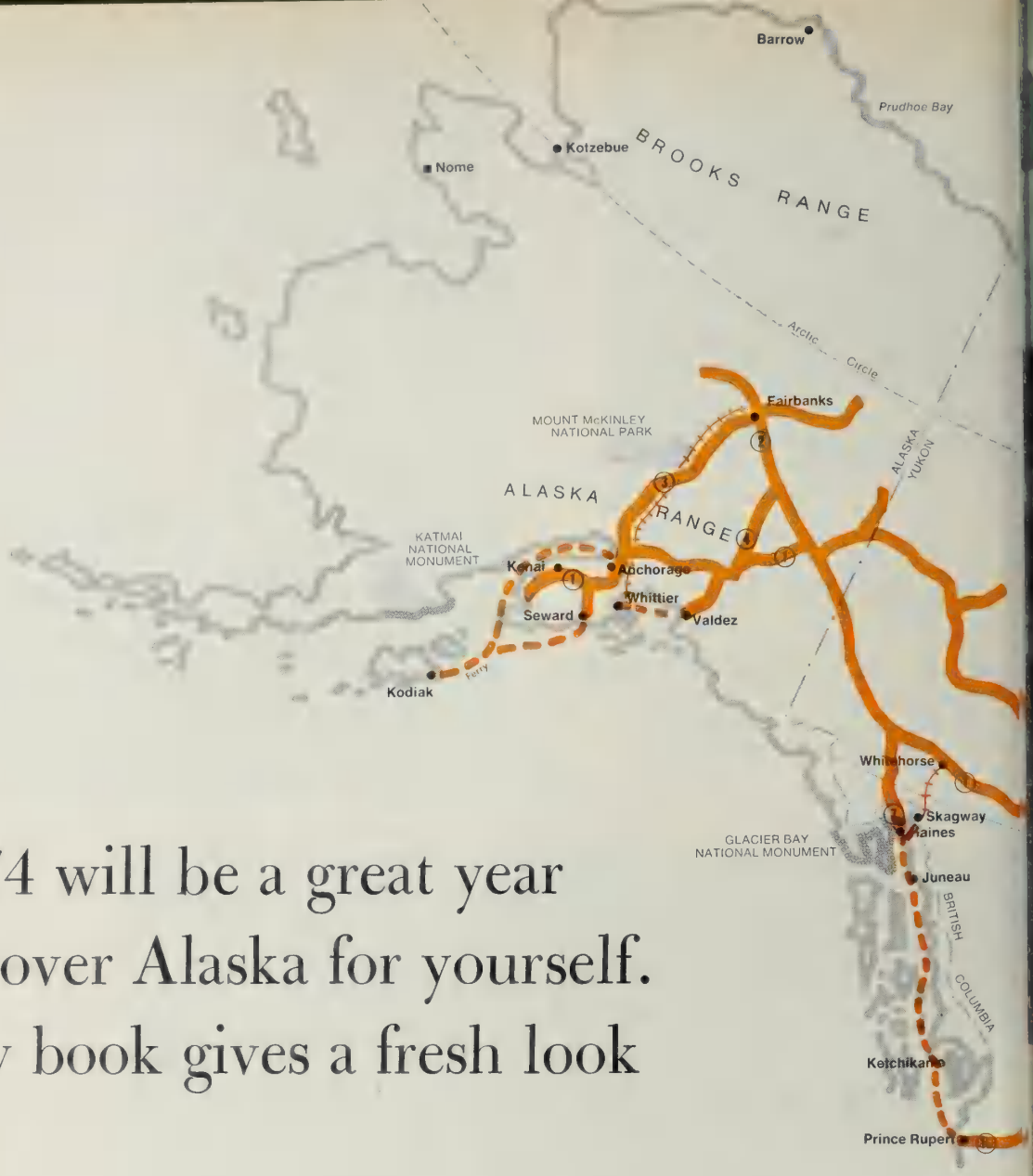
Weathered poles establish edges, keep things in place

NORMAN A. PLATE

Two days before *wedding. Logs have been in place two months. Plants and grass have grown around them. (The logs will look mellower each year)*

GERALD R. FREDRICK

On the day—*receiving line in the background. Cluster of much-weathered pole sections stands at corner of bed with 'Checkerboard' fuchsia plants*



1974 will be a great year to discover Alaska for yourself. A new book gives a fresh look

For many Westerners 1974 will be the year to head north to Alaska—by air, car, ferry, or, more than ever, by cruise ship. This summer more than a hundred cruises aboard ten different ships are scheduled through the islands and fiords of Southeastern Alaska's Inside Passage (see listing of cruises on page 54).

More than anything else, the increased number of cruises is causing something of a tourist boom in Southeastern Alaska. But there's a much bigger and different Alaska farther north. A fifth the size of the lower 48 states, and stretching across four time zones, the state offers a diversity of geography, climate, and culture unique to the far north.

The most convenient base for exploring the vast expanses of Alaska is Anchorage, a modern city of almost 50,000 population. You can cruise Southeastern Alaska just one way, going up or returning, and fly by seaplane and jet to or from Anchorage from the terminal ports of Haines or Skagway. In Anchorage you can rent a car or camper, take the Alaska Railroad north, take the state ferry around the Kenai Peninsula, or fly just about anywhere.

With Anchorage as your base, here are four grand ways to sample the variety of Alaska—you go in four different directions by different modes of transportation. The pictures on these pages are all from the new *Sunset* pictorial *Alaska,* published this month (see details on page 90).

By car and ferry to farm country and glaciers

One of the most interesting road trips out of Anchorage is a 450-mile loop drive on State Highways 1 and 4. Heading north from Anchorage you pass the Indian village of Eklutna, where you'll find a Russian church and Indian graveyard where each grave is covered by a little "spirit house." Palmer is the heart of the Matanuska Valley, the agricultural and dairy center of Alaska.

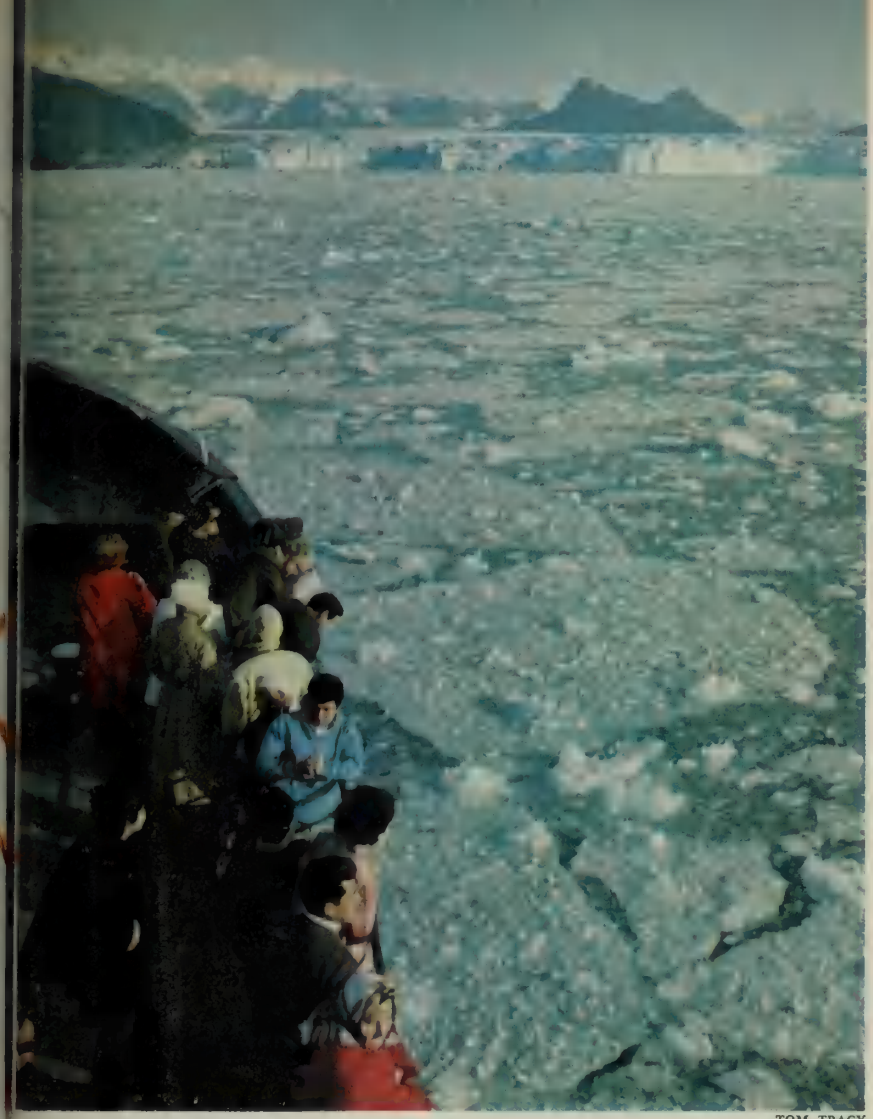
From the valley, the road swings up past the Matanuska Glacier, then turns south through the rugged Chugach Mountains to Valdez, terminal port of the controversial Alaska Pipeline now under construction. The ferry from Valdez takes you through Prince William Sound west to Whittier with a close-up look at the Columbia Glacier along the way.

At Whittier you drive up onto flatbed railroad cars for a half-hour trip to the highway, then an hour drive back to Anchorage. You can do the whole loop in two days, but you may want to allow extra time for side trips.

By train to McKinley Park for animal watching

Mount McKinley National Park is 235 miles north of Anchorage, 134 miles south of Fairbanks. The Alaska Railroad runs a daily train each way between Anchorage and Fairbanks (about an 8-hour run) with park stopovers.

A tour of the park on the free hiker's



TOM TRACY

Deckload of passengers *aboard Alaska State Ferry slowly approach terminal face of Columbia Glacier over ice-crusted bay*

ALICE PUSTER

Brilliant bed *of summer annuals brightens family stroll along downtown Anchorage streets*

Eskimo woman *splits walrus hide to make an umiak, a skin boat with wood frame*

RICK FURNISS

nuttle bus or one of the special wildlife our buses lets you sample the expanses f tundra of interior Alaska and gives ou a chance to see caribou, dall sheep, ny foxes, a wide variety of birdlife, and erhaps a grizzly bear. If you're lucky, e clouds may pull back from Mount cKinley to give you a glimpse of orth America's highest peak.

dvance reservations at the McKinley ark Station Hotel are a must. To make eservations for camping in the park, rite to Superintendent, Mount McKin-y National Park, Box 9, McKinley ark, Alaska 99755. You can sample the ark in two days, but for a thoroughly atisfying bit of nature watching you hould allow three days or longer.

y float plane to remote atmai—volcanoes, fishing, hiking

atmai National Monument is for the nore adventurous family. Open only luring a short summer season when float lanes can land on ice-free waterways,

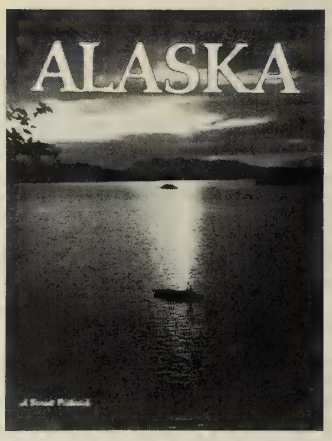
The touch *of spring is green in Matanuska Valley farm and dairy region north of Anchorage*

HARALD SUND

Solitary camper *at Wonder Lake camp was up early to watch sunrise on snowy slopes of Mount McKinley—at about 4* A.M.

G. C. KELLEY

Toklat grizzly *intently paws at ground to dig out ground squirrels*



Newest *Sunset pictorial book, Alaska, gives you an in-depth look at all of Alaska. The 208-page book is illustrated with 70 pages of color photographs and maps. Advance price is $10.95 through July 31, 1974; $12.95 thereafter*

Katmai offers excellent trout and salmon fishing at the main complex at Brooks Lodge and at more remote fishing camps.

For non-angling family members there is hiking or an excursion to the volcanic Valley of Ten Thousand Smokes, where the awesome Katmai volcanic eruption took place on June 6, 1912, spewing ash into the atmosphere that could be detected as far south as Seattle.

You can sample Katmai National Monument in two days, but unless you plan to camp, advance reservations at Brooks Lodge and the other fishing camps are essential. Write to Wien Air Alaska, 4100 International Airport Rd., Anchorage 99502 for details.

By air into Eskimo Country

The only way to reach the Eskimo villages of arctic Alaska is by air. Both Alaska and Wien airlines offer one or two-day tours to the gold rush town of Nome and the Eskimo fishing village of Kotzebue, and Wien offers tours to Barrow on Alaska's arctic north coast. You can also take tours to the oil fields at Prudhoe Bay.

Before setting out on any trip to Alaska, be sure that you have a realistic itinerary and confirmed reservations on all public transportation and for all accommodations. A travel agent can make these reservations for you, help you put together an itinerary, and answer questions. For general information on travel in Alaska write to the Alaska State Division of Tourism, Pouch E, Juneau 99801.

No one else on Waikiki can rent you this kind of room.
With twenty tropical acres to play in. you could have the vacation of your life and never leave our Village. You can sample the fare of eight outstanding restaurants. Unwind in nine lively bars. Take in native shows and luau feasts. All on our grounds. Or take a sunset cruise and dine offshore on our Rainbow Catamarans.
Explore our fabulous Rainbow Bazaar. Shop in the tranquility of Imperial Japan, the bustle of Hong Kong, the history of Missionary Hawaii. And take some home with you.
Or get away from it all and try your hand at marlin fishing at the magnificent Kona Hilton on the Big Island of Hawaii.
Call the Hilton Reservation Service in your city or your travel agent for the details. Then come visit the Hilton Hawaii.
Hilton Hawaiian Village

It's sweet cherry discovery time

Bings are the headliners, but look for the early Tartarians, Chapmans, and the newer sweet Burlats which are comers. The big red Lamberts will reach the markets later

The 1974 sweet cherry crop looks promising at our press time. Winter weather was good, late frosts were not a problem.

Washington has doubled production of sweet cherries in the last five years. It should lead the nation this year, with Oregon number two, and California contending for third place.

Bings are the front runners. Plump, firm-fleshed, rich flavored, they make up about 60 per cent of the Washington crop and 90 per cent of California's.

The West's sweet cherry season began in mid-May with early California varieties: Burlat, Chapman, Tartarian, all somewhat smaller, softer than Bings.

In the markets in June, along with Bings, you may see some of the pollenizing varieties—they're grown between rows of Bing trees. Van and Chinook, about as big as Bings, and Republican, somewhat smaller, are occasionally in Northwest markets; Van may be seen in California. All have similar sweet rich flavor.

Last into the markets are the Lamberts—about 35 per cent of the Washington crop. They are as big as Bings, more sprightly in flavor, but with a heart shape and smaller pit.

Glistening *jelly glaze crowns plump sweet Bings nestled in a buttery tart shell*

For dessert showpieces, our own sweet cherries display their shiny faces

The West is sweet cherry country. Washington, Oregon, and California supply most of America's fresh cherries eaten out of hand.

These same dark sweet cherries are also delicious in summertime desserts. But they call for different recipes than are used for sour cherries—the kind that go into traditional cherry pies.

The rich, winelike flavor of sweet cherries is complemented by buttery pastry in these two showpiece desserts, a jelly-glazed cherry tart and a fruit-studded almond torte.

Bings, now in prime supply in the West, work well for both, or use any of the dark sweet cherry varieties described at left; although they're rarely sold in markets, you can use yellow and pink Royal Ann cherries if you have them.

As a rule of thumb, a pound of sweet cherries will yield about 2½ cups after the stems and pits are removed. To pit cherries, use an inexpensive pitter (available in houseware departments), or pry out pits with a clean paper clip.

Sweet Cherry Tart

About 6 cups dark sweet cherries, stems and pits removed
½ cup sugar
2 tablespoons cornstarch
2 tablespoons lemon juice
⅛ teaspoon ground cinnamon
Dash salt
Butter pastry shell (recipe follows)
⅓ cup red currant jelly

Set aside 4 cups of the prettiest cherries. Whirl the remaining 2 cups cherries in a blender until well puréed. In a saucepan combine the sugar and cornstarch; then stir in the cherry purée, lemon juice, cinnamon, and salt. Cook over medium heat, stirring, until bubbly and thickened. Cool slightly, then pour into butter pastry shell; chill until set, about 1 hour.

Arrange the 4 cups cherries evenly over the cherry filling. Melt the currant jelly in a small pan over medium-low heat, then brush evenly over the cherries to glaze them. Chill tart until ready to serve, as long as 4 hours. If pan has a removable bottom, lift off rim. Serves 6 to 8.

Butter Pastry Shell. Mix 1⅓ cups unsifted regular all-purpose flour with 3 tablespoons sugar. Add ½ cup (¼ lb.) butter or margarine cut in pieces, and rub mixture between fingers until of uniform consistency. With a fork stir in 1 egg yolk, then work dough with your hands until it holds a smooth, noncrumbly ball; the heat of your hands softens the butter so dough sticks together.

Press dough evenly over the bottom and sides of an 11-inch tart pan with a removable bottom, or an 11-inch pie pan. (Or use a 10-inch cheesecake pan, pressing pastry over bottom and 1 to 1½ inches up sides.) Bake in a 300° oven for 30 minutes, or until golden brown. Cool in pan on a rack. Package airtight in pan if made ahead.

Sweet Cherry Almond Torte

Butter pastry (recipe follows)
1 can (8 oz.) almond paste
6 eggs, separated
¼ cup *each* granulated sugar and all-purpose flour
¾ teaspoon baking powder
1 cup toasted slivered almonds
2½ cups dark sweet cherries, stems and pits removed
Powdered sugar

Prepare butter pastry as directed and press evenly over the bottom and sides of a shallow-rimmed 10 by 15-inch baking pan; set aside.

Combine the almond paste, egg yolks, sugar, flour, and baking powder in the bowl of an electric mixer; beat until smoothly blended. Whip egg whites until they hold short distinct peaks; beat about half of the egg whites into the almond batter, then fold in remaining whites and ¾ cup of the nuts.

DARROW M. WATT

Dust *powdered sugar over cooled, cherry-studded almond torte just before serving*

Pour batter into the prepared crust. Poke cherries evenly into the batter and sprinkle remaining almonds evenly over top. Bake in a 350° oven for 35 minutes or until top feels firm when lightly touched. Cool in pan. Just before serving, dust with powdered sugar. Serves 10 to 12.

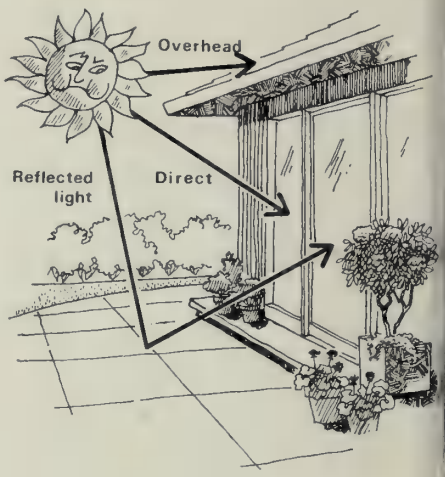
Butter Pastry. Mix together 2 cups unsifted regular all-purpose flour and [illegible] cup granulated sugar; add ¾ cup ([illegible] lb.) butter or margarine, cut in pie[illegible] and rub with your fingers until [illegible] is reduced to fine crumbs. Stir [illegible] with a fork, then with your h[illegible] dough into a ball.

House cooling ideas

Using screens, trellises, roof extensions, also shrubs, trees, vines. As you block the sun, you gain comfort . . . and you save

Roof extension *covered with translucent fiberglass-reinforced plastic diffuses sunlight, intercepts heat, and serves as a rain shield. Design: Richard W. Painter, Lake Oswego, Oregon*

Sun shade that grows. *Japanese wisteria provides added bonus of spectacular flower display in early spring, then leafs out to shade house walls and patio as temperatures climb*
LYN DAVIS



Over 2½ million Western homes are ai conditioned. Countless more use som type of electrical fan during hot weathe The rest do without mechanical cooling and their owners put up with varyin degrees of discomfort.

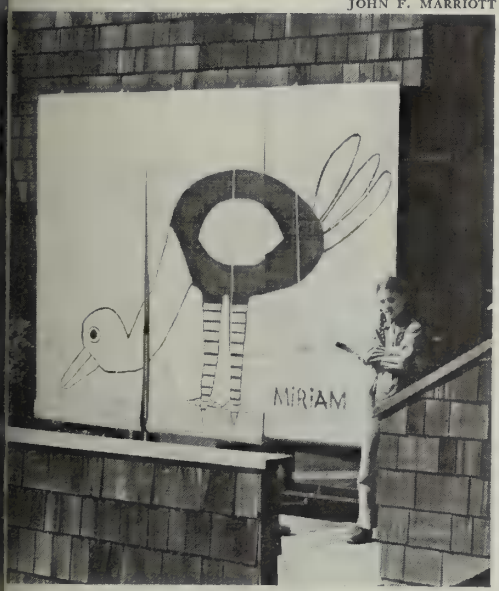
No matter which group your house be longs in, giving it some extra shade ca make your summers more comfortabl both indoors and out. Shading—wit screens, trellises, roof extensions, blind or plants—can reduce the load on a conditioning equipment. In some case

DON NORMARK

As a temporary *shade device while trees grow, panels of burlap are stretched between beams. Design: Fred Griffin, Phoenix*

FRANK L. GAYNOR

JOHN F. MARRIOTT



Giant bird *drawn and painted on white vinyl blinds by 10-year-old girl adds welcome measure of garden art, only mildly reduces reflectability of white surface. Similar idea, but different design shown on our cover*

such shading devices can eliminate the need for supplemental cooling equipment altogether.

For over 25 years *Sunset* has been investigating the effects of shading and has continually reported good solutions. Some of the best ones, well worth repeating, are included again on these pages, along with many new ones.

How your house heats up

Heat builds up inside your house from both direct and indirect solar radiation. The direct source accounts for the most buildup. Your roof is the largest heat blotter, absorbing up to twice as much solar energy as vertical surfaces. As you might expect, east and west-facing house walls are major sources of heat gain in summer. Unshaded windows are particularly vulnerable, allowing passage of up to 20 times as much heat as surrounding masonry or wood walls.

Indirect solar radiation is reflected off nearby surfaces onto house walls and windows. Less obvious than direct radiation, it's often overlooked as a major source of heat gain. Unshaded paving materials used on a walk, patio, or drive adjacent to the house contribute the most. They reflect heat immediately and also absorb and reradiate it later.

Asphalt has a relatively low reflectivity; brick and concrete are proportionately higher. Asphalt, however, will absorb more heat during the day and continue to reradiate it well into the evening. Smooth surfaces reflect more than rough ones. Plants are generally darker and rougher than most paving or structural materials and so reflect less solar radiation than smooth surfaces.

Color also affects reflection and absorption of solar heat. The surface of a dark-colored house may be as much as 60° hotter than the air temperature, while the same surface painted white would be only 20° higher.

The insulation you put in ceiling or

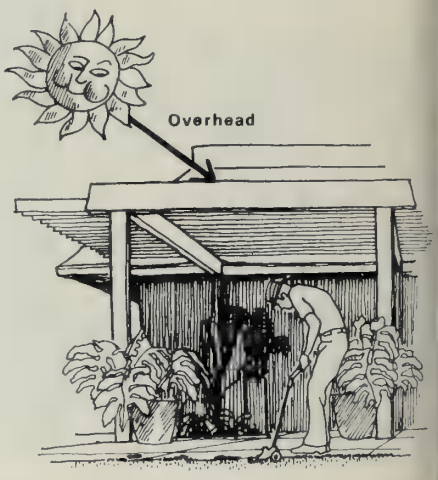
ERNEST BRAUN

Overhead framework *with removable panels of lath gives shade just where you want it. Panels could also be reed screening, plastic, canvas, or shade cloth*

GLENN CHRISTIANSEN

During *the hottest part of the day, no sun hits these house walls and windows, protected by a trellis of closely spaced 1 by 2's. Owner-designer is John R. Peterson of Scottsdale, Arizona*

To keep sun off the house and also off pavements



walls to keep your house warmer in winter will also help keep it substantially cooler in summer as well.

Materials to defend the house against the sun

Your best defense against the sun is something that keeps it from reaching the house or from heating up surrounding paving and soil.

Structures of wood, fabric, plastic, or screening are immediate solutions.

One of the least expensive covering materials is woven reed. It comes in 6 by 15-foot rolls that sell for about $10. It's lightweight, easy to cut and splice, and useful for a vertical screen as well as overhead.

Translucent fiberglass-reinforced plastic is available in panels and rolls in most building supply centers. Corrugated panels are usually 26 inches wide and from 8 to 16 feet long. An 8-foot-long panel sells for about $5. Rolls come in 3-foot and 4-foot widths; you can buy any length you want. Plastic is easy to work, lightweight, shatter resistant, and quite durable. It's best used where you want both shade and rain protection.

Lath is also suitable for both overhead

FRANK L. GAYNOR

You put shade *where you want it by rolling aluminum awnings to any position on deck. They're attached to track on house fascia, roll on wheels at base of vertical supports. First reported in Sunset in May, 1958. Design: Arthur T. Brown, Tucson*

PHIL PALMER

Retractable canvas panels *can be pulled across this patio to shade house walls and windows, as well as paved area underneath. In late afternoon, eucalyptus trees in background take over shading job. Design: Royston, Hanamoto and Mayes*

RICHARD FISH

Lashed *to metal frame at start of summer, canvas panels give shade and wind control. Design: Joseph Copp, Jr., Los Angeles*

and vertical shading. You can use it parallel or crisscrossed for a lattice effect. Pieces can be notched and crossed for more intricate patterns. A 6-foot lath strip sells for about 20 cents; you get a better price buying a bundle of 50.

Redwood 1 by 1's can be used like lath. They're dressier and tend to warp less. Cost is about 7 cents per foot.

Shade cloth, used by nurseries for years, has become increasingly popular for residential use. There are two kinds: saran (green) and polypropylene (black). Both are woven much like a window screen.

You can order almost any degree of shade you want, from 6 to 94 per cent.

Shade cloth is sold by most major nurseries and garden supply centers in 6-foot-wide rolls; cost ranges from about 19 cents per square foot for 47 per cent shade to around 26 to 29 cents for 73 per cent shade. (Look in the yellow pages under Awnings and Canopies for additional sources.)

You can staple it to overhead or vertical frames. Or for around $65 you can get 55-per-cent shading material made up into a 12 by 20-foot patio cover complete with taped edges and grommets every foot, all ready to lash to a wood or metal frame. The same piece with 80 per cent shading (most commonly used in desert areas) would cost about $25 more.

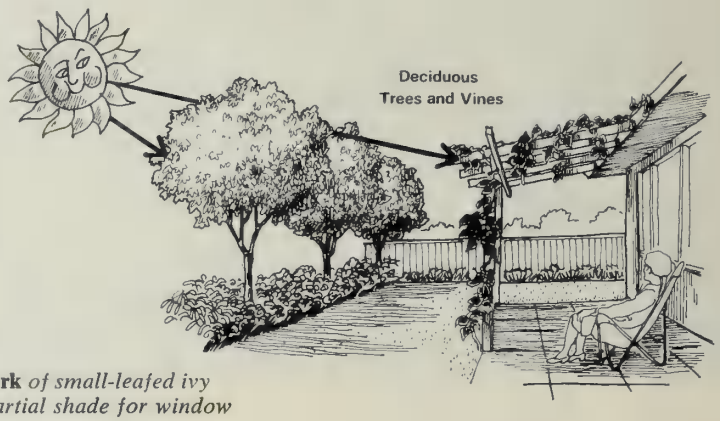
Garden prunings can make cost-free shading materials. Most people discard fruit tree prunings and bamboo canes. However, if cut into usable lengths they are excellent to weave into either an overhead or a vertical screen.

For more overhead shading possibilities,

Walls around *this Arizona house have a cooling mantle of xylosma that reduces solar absorption and glare. Design: Guy Greene, Tucson*

GLENN CHRISTIANSEN

Eye-shade *for this San Diego County hilltop house is wisteria trained along wires from house eaves to rock columns. Owner-designer: James Hubbell*



WILLIAM APLIN

Gridwork *of small-leafed ivy gives partial shade for window of this Los Angeles house; smaller grids would give significantly more shade. Design: Armstrong & Sharfman*

As vines *on trellis and trees grow, west side of this Seattle house will have improved protection from the sun. Owner: Gene Potter. Design: R. David Adams*

DON NORMARK

Trees, vines, and shrubs are often the best of all shade makers

see the newly revised *Sunset* book, *How to Build Patio Roofs* (Lane Books Menlo Park, Calif., 1974; $1.95).

Leafy shade

Shrubs, trees, vines, ground covers, anc lawn give you the best control over solai radiation. Exposed to the sun, foliage absorbs, reflects, and reradiates it effi ciently without overheating the area i protects. By their evaporative proces through transpiration, plants raise the humidity of the air around them but the end result (unless the air is near satura tion point) is a reduction in air tempera ture. Tests show that the air tempera ture over a moist lawn may be 10° to 14' cooler than it is over bare ground, anc as much as 30° cooler than it is ove

ELLS MARUGG

Trio *of Japanese pagoda trees (Sophora japonica) has become giant shade umbrella for patio; also for house roof and glass walls. Owners: S. A. Sanfilippo, Palo Alto, California*

White alder *takes the place of a window sun shade in summer, lets in warming winter sun. Design: Kathryn Stedman*

GEORGE WOO

a black asphalt walkway.

The amount of solar radiation blocked by plants is determined by the density of shade they provide. In mild-summer climates the light filtered shade you get from a birch, albizia, or olive may be enough. In hotter climates you may need the denser foliage of a fruitless mulberry or sycamore to effectively block the sun. But creating leafy enclosures for shade may also block essential air movement into the house and outdoor living areas.

In a hot, humid climate you need air movement to cool by evaporation. In hot, dry areas air movement may not be as important as raising the humidity of the air to make you and your family feel comfortable. Using plants and fountains, keeping soil in beds moist, and occasionally hosing down the pavement will all help. If your garden seems shady enough but still not as cool as it should be, you might prune and thin some of the breeze-blocking plant material.

Plants can also give you seasonal sun control. Deciduous trees and vines work the same way as adjustable, structural shade devices except you don't do the adjusting. Their leaves fall off when the summer ends and grow out again before the weather turns hot again. And all winter you get the warming benefit from the sun on the roof and house walls, through windows, and on paving materials around the house.

Flowering annuals, perennials, and vegetables can also be used to give fast shade for house walls this summer. Suitable tall annuals include cosmos, hollyhocks, sunflowers, and sweet peas (trained up a mesh trellis). Among good perennials are chrysanthemums, dahlias, delphiniums, Shasta daisies, rudbeckia. Among vegetables, pole beans, corn, cucumbers, gourds, squash, and tomatoes work well. Herbs you might try include fennel, oregano, and pineapple sage.

Container plants = shade-makers

Where there are no planting beds adjacent to the house, you can use container plants to shade house walls, windows, and sliding glass doors. Several boxes of golden bamboo set side by side will give you an effective leafy screen. Containers of bottlebrush, citrus, oleanders, and most bushy conifers will do as well. Leave some space between the plant and

MARTHA ROSMAN

Pivoting screens *of translucent, fiberglass-reinforced plastic protect recessed windows from sun; they can be set at any angle or closed up. Design: Gregory Mull, San Francisco*

house wall so the air can circulate freely.

If the plants aren't high enough to cover the whole wall, hang roll-up blinds from the eaveline and adjust them to the height of the plant.

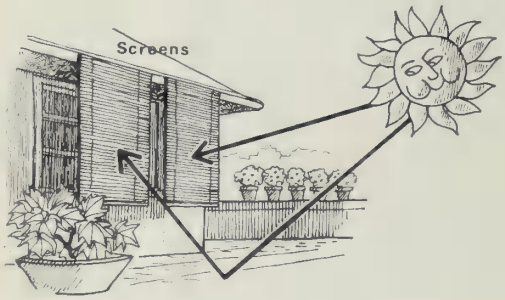
Vertical shading

Just about all the solar energy that strikes an unshaded or untreated glass surface passes right through it. So does a high percentage of the heat that's reflected and radiated from areas outside the glass. Shading the windows is the simplest solution.

External devices include both permanent and adjustable blinds and screens. The cheapest is the widely sold split bamboo blind (as little as $5 for the 6 by 6-foot size); a vinyl blind costs $14 for the same size, or around $18 with longer-lasting nylon stitching and pull cords.

The blinds shown on the *Sunset* cover are vinyl oval slats, 3 by 6 feet, costing $6 each. The same size in vinyl "matchstick" costs about $2. Blinds longer than 6 feet usually have to be specially ordered, or you can splice a section to the bottom.

If you hang a blind from the roof eave, you get air circulation between it and the house. But if it flaps about in the wind, you may want to secure it at the bottom



The right place for screens and shades is outside the glass. These are verticals

Roll-up *canvas shades hung along edge of wide roof overhang pull down to shade plants and window wall. Owners: Mr. and Mrs. Thomas Fuelling, Arcadia, California*

GLENN CHRISTIANSEN

Low-angle sun *and glare off pool are checked by sliding screen of tiny louvers. Note sun on carpet where wall is not protected by screening. Design: Benton & Park, Los Angeles*

JOHN HARTLEY

THE VEGA GT.
3/4 ECONOMY CAR. 3/4 SPORTS CAR.

At the top, a sporty little hatchback, thoroughly enjoyable to drive.

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Sort of a car-and-a-half, offering a mixture of excitement and economy.

The price for the Vega Hatchback, complete with GT package, is less than $3100*. That includes the stabilizer bars, the special 13 x 6 GT wheels and A70 x 13 white lettered tires, the tachometer, the four-spoke sport steering wheel and a whole lot more.

You also get the GT version of our heralded overhead-cam aluminum block engine. With it, you get both responsive performance, and 4-cylinder economy.

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VEGA
Chevrolet

*Manufacturer's Suggested Retail Price, including dealer new vehicle preparation charge. Destination charges, other optional equipment, state or local taxes are additional.

with cord or shock cord.

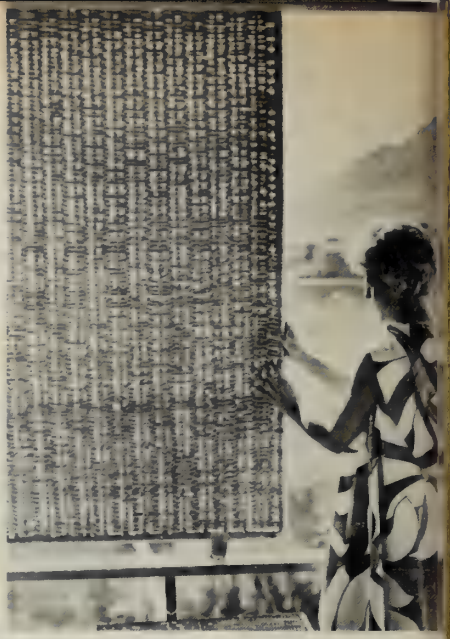
Painting the vinyl roll blinds on the cover and on page 94 was an experiment. We checked with several paint manufacturers to find the best type of paint to use on vinyl. It had to be a paint that would not react with the vinyl and one that would be flexible and not chip when the blinds were rolled up and down. It seemed that a latex paint had all the right properties. We found an interior-exterior gloss latex enamel in clear, bright colors.

For the painted bird shown on page 94, we first took a color photo of 10-year-old Miriam Kirkman's original drawing, projected the transparency onto the vinyl shades, drew the outline in pencil, then painted (two coats). If you use a small nylon brush and carefully flow on the paint parallel to the slats, little or no paint will drip around to the back. If you're not that neat, paint the design on both sides.

Going up the scale in cost and looks, canvas is highly suitable for blinds—spring-tension or pull-up installations. Light transmission depends on color and finish. One possible disadvantage is that air does not pass through it. Cost will vary; get price quotations from canvas and window shade shops.

Louvered metal screening is about the ultimate in window shading. It's like insect screening but with many tiny louvers angled to provide up to 100 per cent shade and exclude about 85 per cent of the solar heat that would normally pass through. You can see out through it but can't see in.

There's a standard type for normal sun-angle shading and a special one with more louvers per inch for low angle shading. Either costs about $5 per square foot installed, or less if you have several windows to screen. The material can be used overhead as well, but the louvers must be positioned in proper relationship to the path of the sun. □



In Dubrovnik, *Yugoslavia (left): Shutters have swing-out lower panels—a typical and time-proven shade device used throughout hot climates abroad. On the island of Madeira (right): Woven reed screens on overhead tracks roll on bottom wheels to control afternoon sun on a hotel balcony*

To keep *shades from flapping in the wind, secure them at the bottom. Here it's done with shock cords and eye straps*

Canvas blinds *hang like great colorful banners to blot out glare and afternoon sun when it creeps in under the wide overhang and strikes the windows. When not needed, blinds roll up under eave. Design: Richard Neutra, Los Angeles*

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DARROW M. WATT

The Changing Western Home®

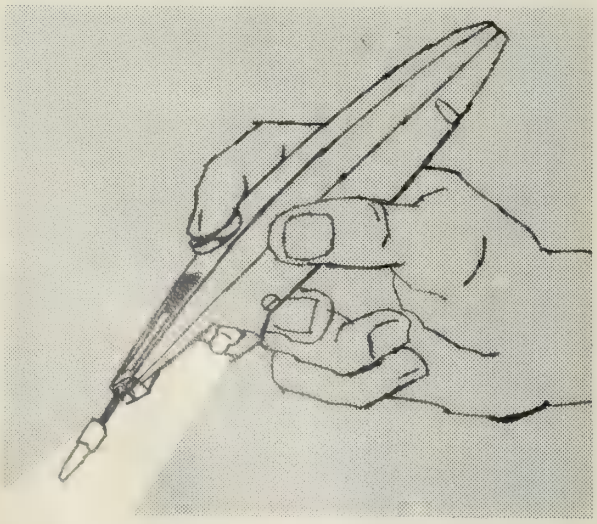
Paste a forest on a wall

If you can follow instructions, you can hang the wooded landscape above or one of eight other 9 by 12-foot photo-murals that come in a kit designed for beginners. The kits, called Photo Wall, contain eight manageable paper panels, a powdered paste, and complete instructions. You supply a paste pot and brush, knife or scissors, and wallpaper brush.

Photo Wall kits are available at paint and hardware stores, or from Scandecor Incorporated, 1105 Industrial Highway, Southampton, Penn. 18966. They cost about $35 for black and white and $45 for color reproductions.

NORMAN A. PLATE

Rechargeable iron for remote soldering



Soldering jobs are sometimes beyond a cord's reach of a wall socket. For hobbies or home repairs that require a distant soldering job, you might consider buying a rechargeable soldering iron like the one sketched at left. Hardware and electronics stores now sell one made by the Wahl Clipper Corporation, 2902 Locust St., Sterling, Ill. 61081. It gives 12 to 14 minutes of soldering time between recharging. Pushing a button on top heats the tip (several sizes available) and turns on a headlight that illuminates your work and indicates the iron is on. Two models are available for about $20 to $23.

For safer fluorescent tube disposal . . .

Disposing of burned-out fluorescent light tubes is not as dangerous as it once was. Before 1949 fluorescent tubes contained the toxic metal beryllium. Today they contain instead a relatively harmless amount of elemental mercury (5/1000 of a gram). But because the inside of the tube is almost a total vacuum, the danger now occurs when a tube is broken and implodes, resulting in flying bits of glass.

Unbroken tubes can be tempting playthings, so the National Safety Council recommends that you wrap the entire tube in several layers of newspaper, break the tube, and then dispose of the glass fragments and paper together. □

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LOF

DARROW M. WATT

Four giant bolsters *surround this queen-sized waterbed. Frame materials cost about $75, plus the cost of the carpet covering*

Boxes on all sides frame the big bed. They open for storage

Tops hinge open *to reveal hidden storage for bedding, magazines, and other bedside clutter*

This queen-sized bed frame measures 80 by 100 inches. It's that big because the 10-inch-wide boxes all around it provide more than 22 cubic feet of storage and are strong enough to contain a 2,000-pound waterbed.

To make this frame for a waterbed or conventional 60 by 80-inch queen-sized mattress, cut the pieces for the plywood boxes as shown in the drawings on page 108. Assemble with glue and 1¼-inch #8 screws.

Leave the tops until last and use ¾ by ¾-inch oak as the inside tacking strips (tacks can pull out of soft wood with disastrous results for waterbeds). With tacking strips secured, join the tops to the boxes with the 72-inch piano hinges.

Cut pieces of 1-inch-thick polyurethane foam to fit the top of each box (10 by 80 inches). For the one at the head of the bed you'll have to cut a piece to cover both top and front (13 by 80 inches). Tack the foam in place so it can't shift.

To cover the side and foot boxes, center and tack an 83 by

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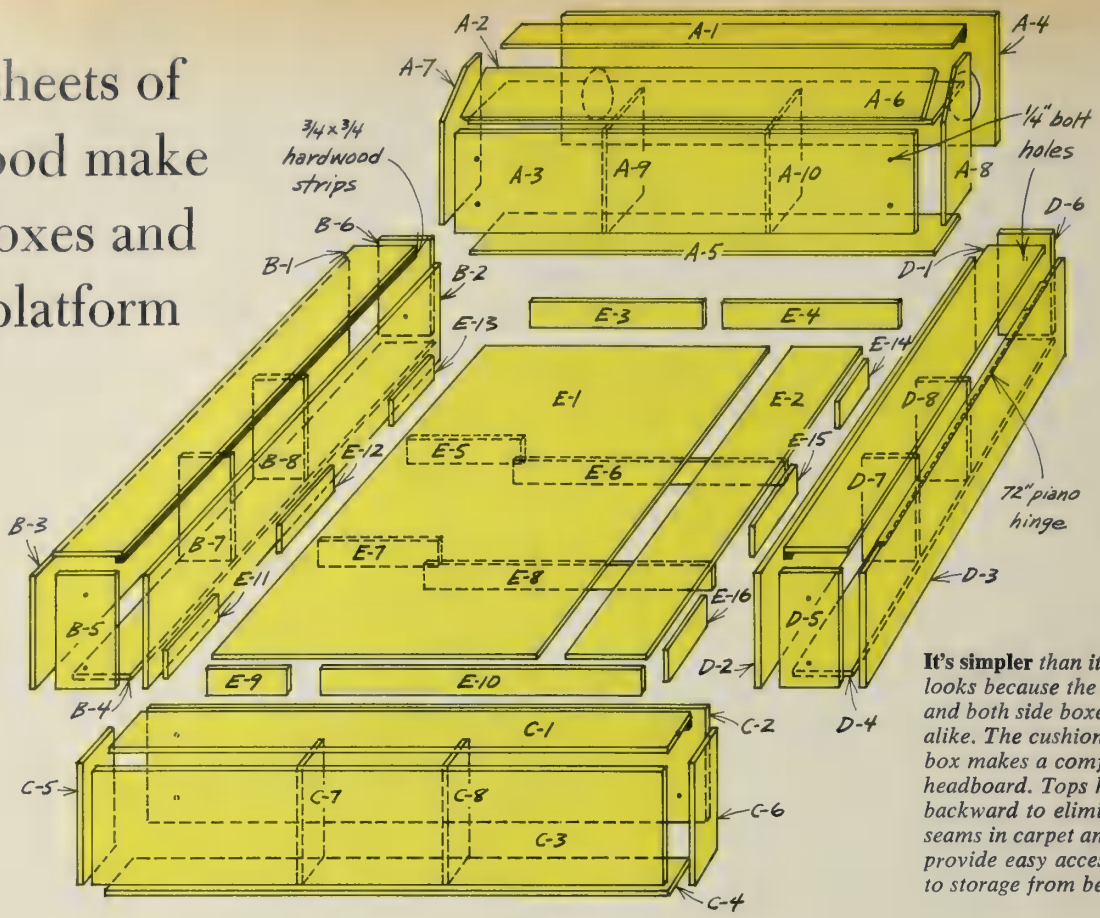
AMERICAN STANDARD

Six sheets of plywood make the boxes and the platform



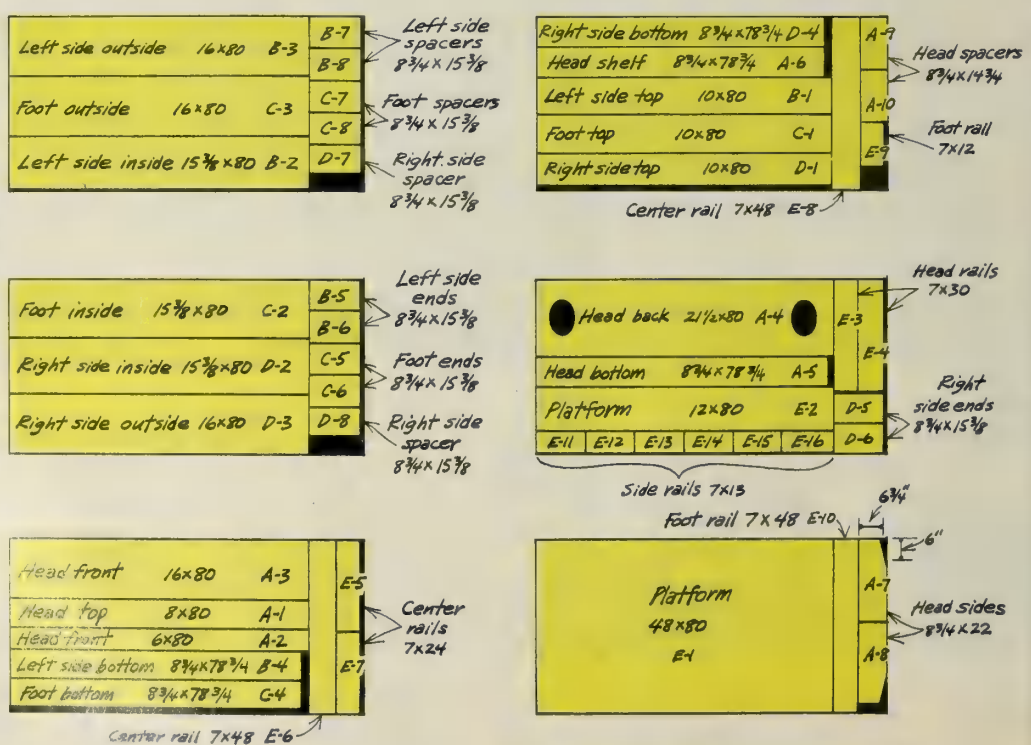
It's simpler *than it looks because the foot and both side boxes are alike. The cushioned head box makes a comfortable headboard. Tops hinge backward to eliminate seams in carpet and provide easy access to storage from bed*

32-inch piece of carpet (head box takes an 83 by 18-inch piece) along the oak strip. Then, with the box lying on its inside surface, prop the top about three-quarters open, pull the carpet around the bottom of the box, and tack it securely. When the top is fully closed the carpet should pull tightly over the foam. The carpet ends can then be turned around the corners and tacked to the box ends. Cut the carpet to form 45°-angle seams at the corners.

You'll also have to cut carpet inserts to cover the end panels of the head and foot boxes. Use tacks or contact cement to secure them. (Fabric backed with foam could also be used to upholster the boxes.)

When the boxes are covered, push them in a rectangle around the platform and rails and use 2½ by ¼-inch bolts to hold them in place. Leave the bolts loose so tops can open without binding. The cutouts in the back of the head box are for access to the bolts. With a waterbed, follow the manufacturer's instructions for mounting the liner and heater. □

Carefully cut *6 sheets of ⅝-inch plywood. You'll also need four oak strips, four piano hinges, 1¼-inch #8 screws (about 150), eight 2½ by ¼-inch bolts with washers and nuts, plastic resin glue, 8 by 12-foot piece of carpet, 43 by 80-inch piece of foam, two boxes of ⅝-inch tacks*



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New fangled Perma-Shield® tough durable vinyl that won't need painting, ends exterior maintenance chores and expense.*

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No old-fashioned storm windows to clean, install or store. Double-pane insulating glass instead. Only two glass surfaces to clean instead of four—cuts cleaning chores in half.

New fangled Perma-Fit® rigid vinyl grilles snap out for easy window cleaning.

New fangled vinyl weatherstripping helps keep drafts out, springs back to shape indefinitely.

The old-fashioned character and natural beauty of wood interior trim. Paint or stain inside trim surfaces as you please.

Before you buy, build or remodel, see an Andersen Perma-Shield Window demonstration at your local lumber dealer. He's in the Yellow Pages under "Windows, Wood."

*Andersen Perma-Shield is available in casement, awning, double-hung, gliding window styles and gliding doors. Exterior of double-hung *sash*, however, is protected by a special patented four-step factory finish that won't need painting for at least 10 years.

Please send me your free booklet "How to get good windows when you buy, build or remodel".

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S-64

DARROW M. WATT

Duct hood *light fixture was sprayed with rust-preventive metal paint*

Light for an entry walk has unlikely origins

Alongside a garden entry walk stands a row of low-voltage light fixtures—all like the one at left. It was made from an unlikely combination of materials: a rooftop ventilation duct hood (from plumbing shop), a taillight assembly and snap-on clear plastic hood (from an auto supply store), and a 4 by 4-inch redwood post.

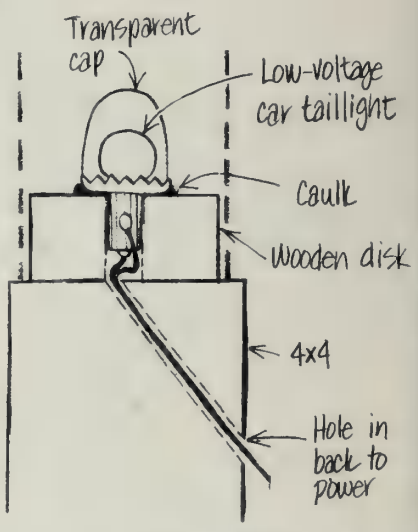
Low-voltage systems (12 volts instead of 120) are generally considered safer for outdoor use, easy to install, and energy-conserving. If you don't have a low-voltage system, you'll need to mount a transformer (available from electrical supply dealers for $35 to $75) near an outdoor 120-volt electrical outlet.

Attach two-wire, Number-12 cord to the low-voltage side of the transformer and run this wire into the area of the light fixtures; it doesn't have to be buried. Smaller, Number-14 or 18 cord may be spliced to the Number-12 cord near the fixtures you put on this line.

To join the cord to each light fixture, drill a slanting ¼-inch-diameter hole in the top of the post and out one side (see drawing below).

Cut a wood disk to fit snugly inside the duct hood; drill a hole in the disk to receive the taillight shaft.

Run the wiring up through the slanting hole and connect one wire from the low-voltage wiring to the taillight wire and solder the other (ground) wire to the shaft of the taillight. Caulk around the edge of the taillight. Secure the disk to the post and the duct hood to the disk with nails or wood screws.



Taillight *slips into wooden disk. Duct hood (represented by big dotted lines), fits over disk*

Fixture parts cost about $5. Owner-builder was Mal Craig of Paradise Valley, Arizona. C

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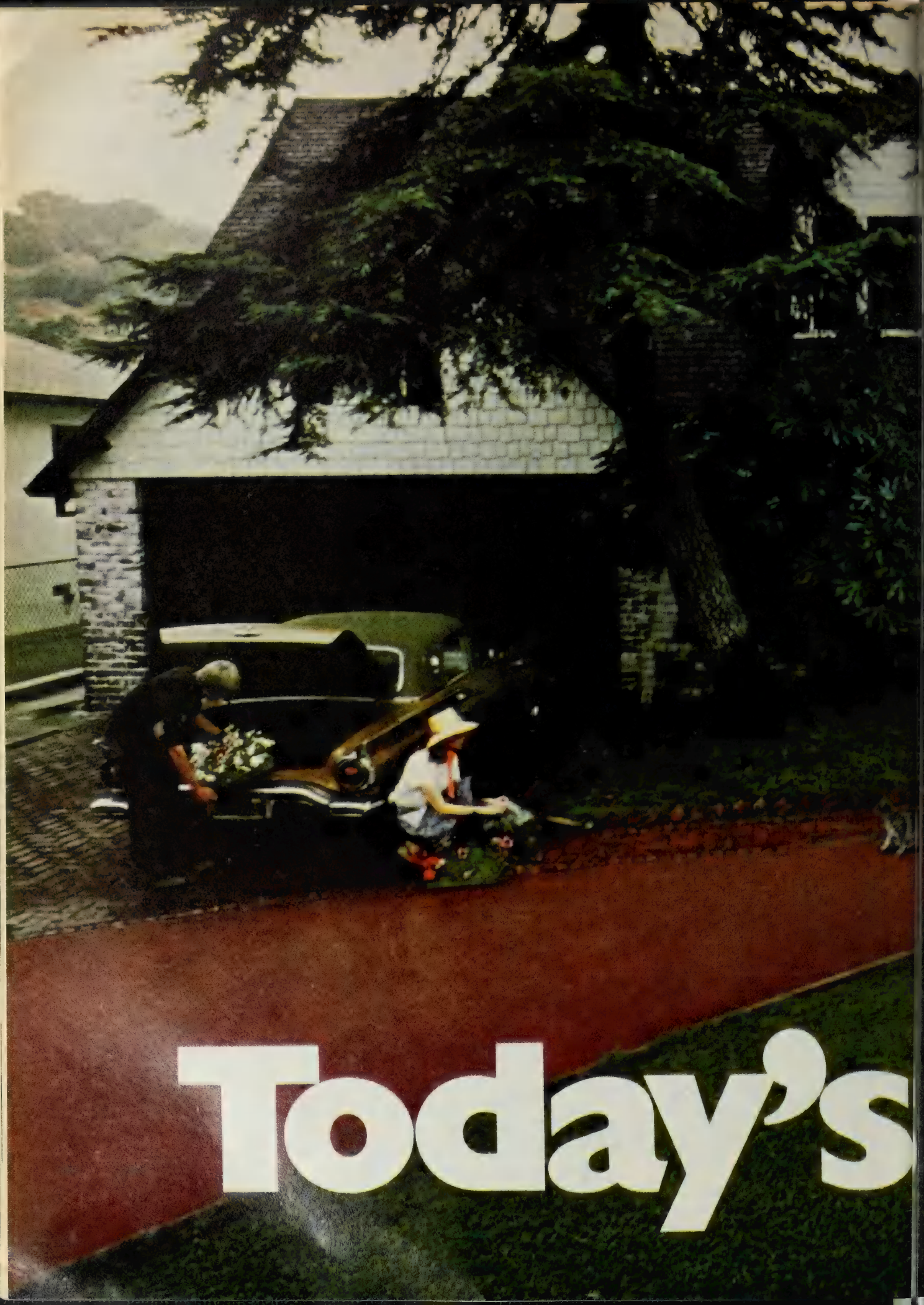
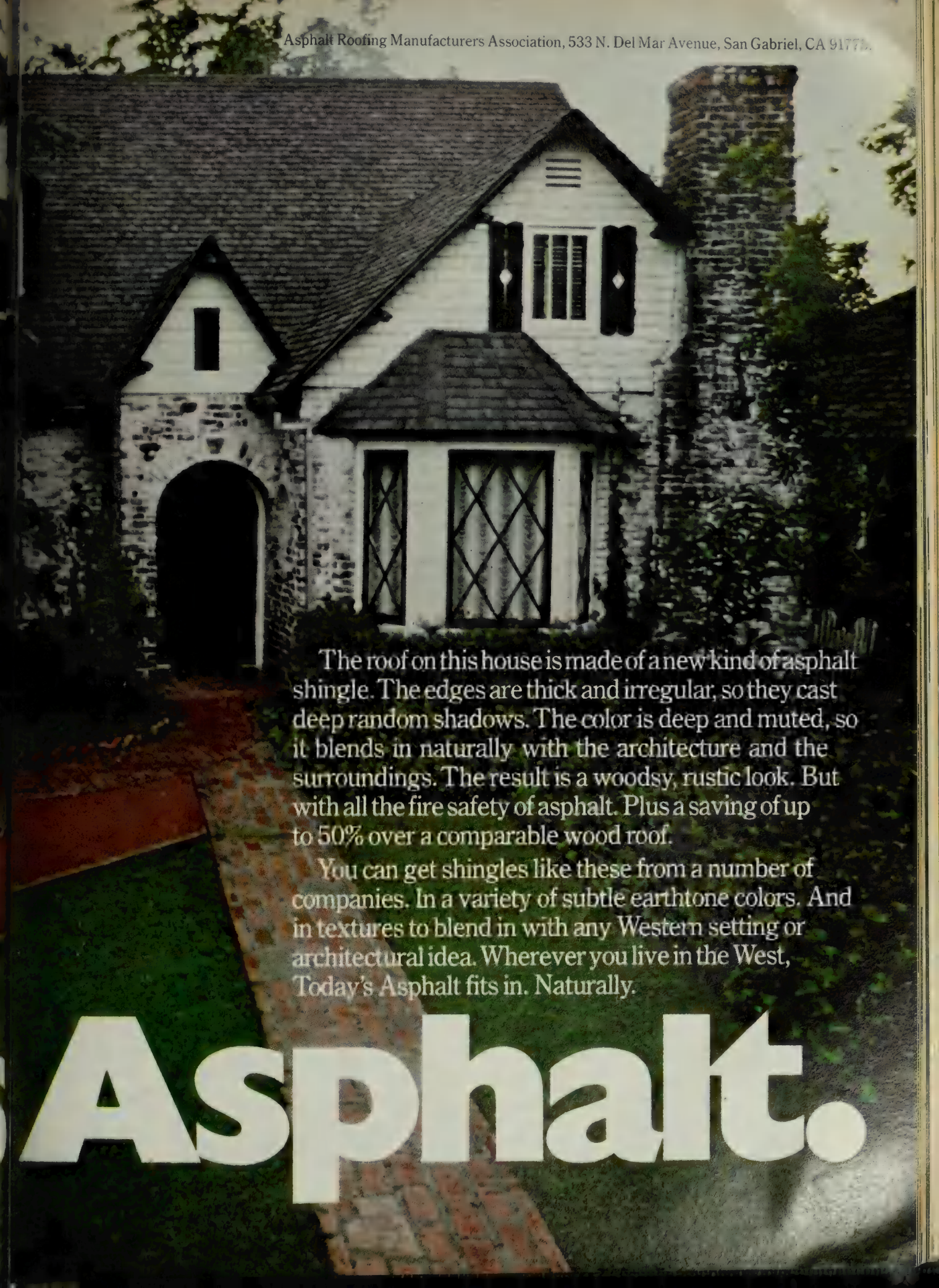
Atelier Martex '74


Today's


Asphalt Roofing Manufacturers Association, 533 N. Del Mar Avenue, San Gabriel, CA 91775.
The roof on this house is made of a new kind of asphalt shingle. The edges are thick and irregular, so they cast deep random shadows. The color is deep and muted, so it blends in naturally with the architecture and the surroundings. The result is a woodsy, rustic look. But with all the fire safety of asphalt. Plus a saving of up to 50% over a comparable wood roof.
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Asphalt.

NORMAN A. PLATE

Remodeled *kitchen combines the old and the new, becomes a good place to cook, good place to talk*

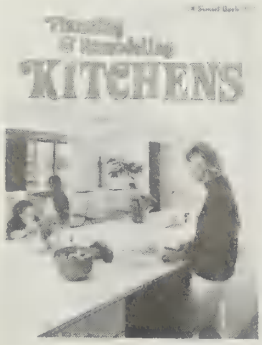
Kitchen guide for planners, dreamers

Over the years *Sunset* books on kitchens have shown advances in equipment, floor plan efficiency, storage ideas, and how to go about planning.

The newly revised *Planning and Remodeling Kitchens* (Lane Books, Menlo Park, Calif., 1974; $1.95) explores the subject as we see it now.

Divided into two main sections, the book first studies basics of kitchen planning, including ideas for serving counters, baking centers, pantry storage.

The larger section illustrates remodeling ideas taken from more than 35 kitchens with building plans and before-and-after photographs: how to add a Mexican flavor to your kitchen, move a wall, build a peninsula work area, and more. It also shows kitchens that provide for the owner's special interests, from making noodles to cooking with a wok. □



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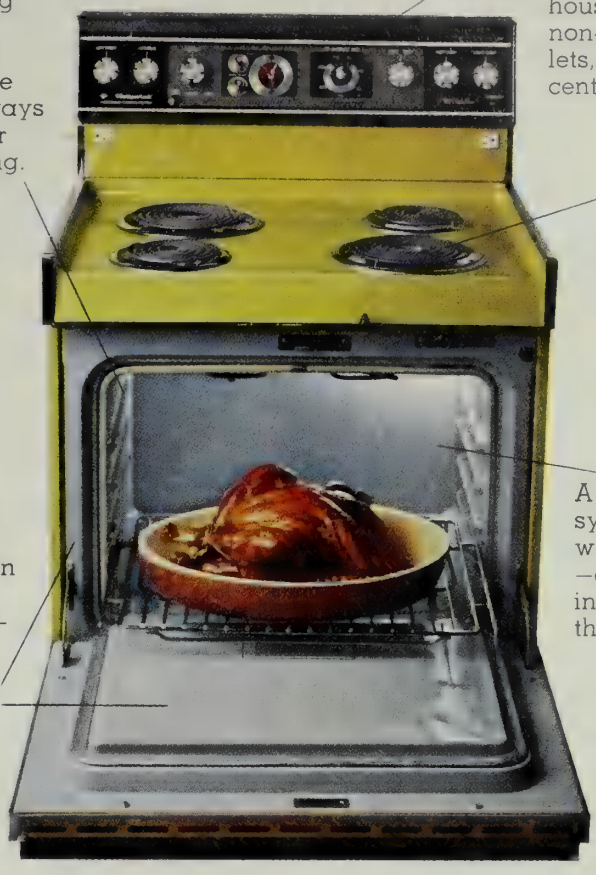
The Versatronic® oven system gives you the flexibility of cooking with conventional electric heat, extra fast with microwave energy, plus both ways at the same time for speed and browning.

Rangetop controls are located high on the backsplash. Control panel also includes an automatic oven timer, clock, 60-minute household timer, timed and non-timed appliance outlets, and full-width fluorescent lamp.

Calrod® surface units are designed to distribute heat evenly and respond fast when you turn them on, off, or change temperature. And they simply unplug for easy rangetop cleaning.

Sample cooking times: You can roast a 15 pound turkey in less than 2 hours. Do a beef casserole in 16 minutes. Bake and brown an apple pie in 16 minutes. Or bake a potato in 9.



A pyrolytic self-cleaning system cleans oven walls, floor, door, racks —every part of the oven interior electrically. And the oven is a full 22" wide.

The self-cleaning oven uses less energy during baking and roasting than comparable non self-cleaning models. The reason: added insulation.

Model RE747

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CRAIG ZWICKY

Heads *are all you see when children stand in pocket in shed roof above garage. Walls are high enough for safety*

Their hideaway . . . it's a pocket in the steep garage roof

After a sleep-out, *boys will exit through low door on rear wall and climb down a ladder to garage floor*

A garage roof that keeps the cars dry satisfies most home owners. But this one in Rancho Palos Verdes, California, does a lot more.

Starting just above the garage door and sloping up to 15-foot height in the back, the shed (single-slope) roof is high enough to provide a visual buffer between the owners' house and a neighbor's house up the hill. The height also created enough space above the cars to drop a 9 by 14-foot floor below the roof level—making a private pocket for sunbathing and a flat space for the children to have a hideaway fort.

Reached by a ladder stairway at the back of the garage, it's a safe place away from the house for a "camping out" experience for the three boys of the family. The flooring surface is rolled roofing that slopes to a drain at one corner.

Since the property receives ocean breezes and there are trees overhead, the pocket is habitable even during the heat of summer.

The architect was John A. Blanton of Manhattan Beach for Dr. and Mrs. Allen Ginsburg. □

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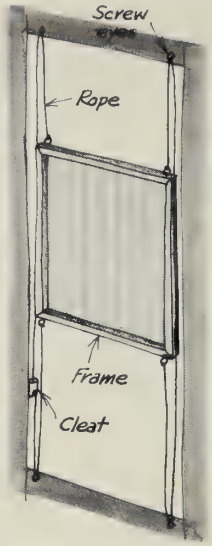
CRAIG AURNESS

Shades *are lightweight fabric-covered frames suspended on nylon lines between window mullions. They adjust to block the sun*



Bright panels move to keep out the sun, let in the view

Tubular *cam cleat from marine supply store catches line to prevent slipping*

The sun is like a well-loved guest who sometimes outstays his welcome in this beach house living room. After a tabletop and couch faded, and a few candles lost their shape, Nancy Larner of Newport Beach, California, devised this system of movable, fabric-covered panels to shade certain areas of the room without blocking the entire view.

The panels consist of bright-colored fabric stapled over artist's stretcher bars (lightweight wood frames with corner wedges, used to stretch canvases). The frames are available in most art supply stores in a wide variety of sizes up to 5 feet long.

Each panel is backed with unbleached muslin to help prevent the shade itself from fading.

Mrs. Larner suspended the panels on a pulley-like system of nylon lines running through screw eyes at each window's top and bottom corners. As the diagram shows, each loop of line is knotted to the screw eyes on the frame corners. □

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And then we did something super-special. We made sure the Perma-Prest® fabric would not only machine wash, tumble dry and need no ironing — but hold its shape beautifully. And keep its glowing colors too, because Petit Plume is sun-resistant.

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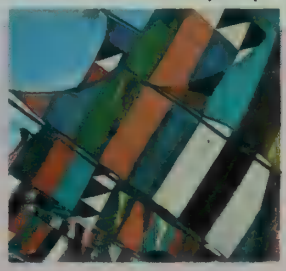
Our luxurious service to the Orient is unquestionably a legend in its own time. Step aboard: you become the honored guest of a friendly people anxious to serve you.

You're on the wings of a warm, gracious bird, built not only on an airline's heritage, but also a country's. Where care, concern, and generosity are learned along with life.

And when you land, you'll discover this legendary heritage is what makes the Philippines the Orient's greatest value. In Manila's spectacular high rise hotel rooms, at surprisingly low prices. In our colorful jeepneys complete with drivers, $5 a day.



Where else but in the Philippines could you get a basket of flowers for $.80. Or be guided through 14 incredible white-water rapids of the Pagsanjan River for only $6. Or charter a vinta for only $5.

True, the Philippines is legendary for the beauty of

its women, its sunrises, its seafood, the rice terraces of Banawe, the pine-studded mountains of Baguio, Lake Taal—a lake within a lake, and other wonders of nature and more. But it's the legendary Filipinos who'll win your heart. On our islands. And on our airline. Call your travel agent or Philippine Airlines.

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Deck bench wraps around deck table. Underneath it is a surprise

Two-part *bath cover serves as tabletop for deck picnic, removes for a hot dip. Bench seat angles around deck; lights are hidden behind bench facing*

DARROW M. WATT

When you buy an iron, start at the bottom.

We built the Hoover Jetsteam iron from the bottom up.

With a special soleplate. Inside, it's aluminum. One of the best heat conductors there is.

Outside, our soleplate is bonded with a layer of stainless steel.

To give the Hoover Jetsteam an ironing surface that's practically impossible to scratch. Buttons, zippers, even snaps won't slow you down. The bottom stays smooth and shiny. Without collecting any of those scratches that catch and snag on delicate fabrics.

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To get extra mileage from the small flat area behind their hillside home, the owners replaced the old concrete patio with a new redwood deck surrounded by wraparound seating. They added a striking centerpiece: a 4 by 8-foot, 30-inch-deep rectangular hot-water bath. It provides an outdoor spot for relaxation and the cover doubles as a picnic tabletop or extra seating space.

(The outdoor bath idea has taken hold in the West; since *Sunset* reported it in August, 1972, one redwood tank manufacturer reports that his sales of tanks for baths have risen from a trickle to over 300 a year.)

The tub was made from clear, dry, dressed redwood 2 by 6's. Galvanized steel rods—threaded to receive bolts at both ends—hold the whole thing together. Horizontal rods and bolts are exposed. Vertical rods run right through the boards; top bolts are countersunk and hidden by wood plugs.

The boards forming each long side are bolted together, edge to edge. The floorboards are bolted similarly, but their rods extend through the lower edges of the side panels (see diagram on following page) and through horizontal 2-by-4 bracing boards. Both floor and side panels were notched to hold the recessed end panels. The vertical rods that hold the end panels together continue through the floorboards.

Finally, across each end, exposed horizontal rods extend through vertical 2-by-4 bracing boards to clamp opposing side panels tight to end panels.

The tub sits atop redwood runners spaced 1½ feet apart on a 6-inch-thick concrete pad. Its removable lid is made in two sections, from tongue-and-groove 1 by 4's nailed to a 2-by-4 frame.

Water is both heated and cleaned by a

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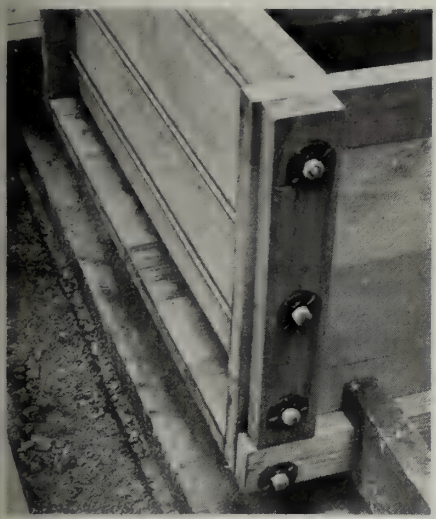
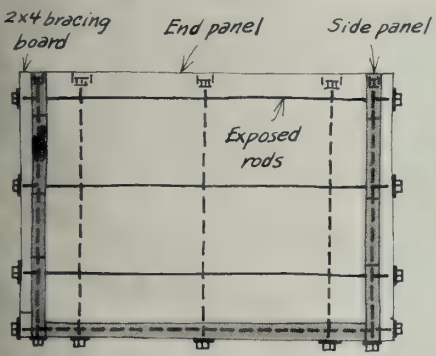
Lid lifts off *to reveal a roomy 4 by 8-foot redwood bath. Redwood deck covers plumbing*

DARROW M. WATT



GLENN CHRISTIANSEN

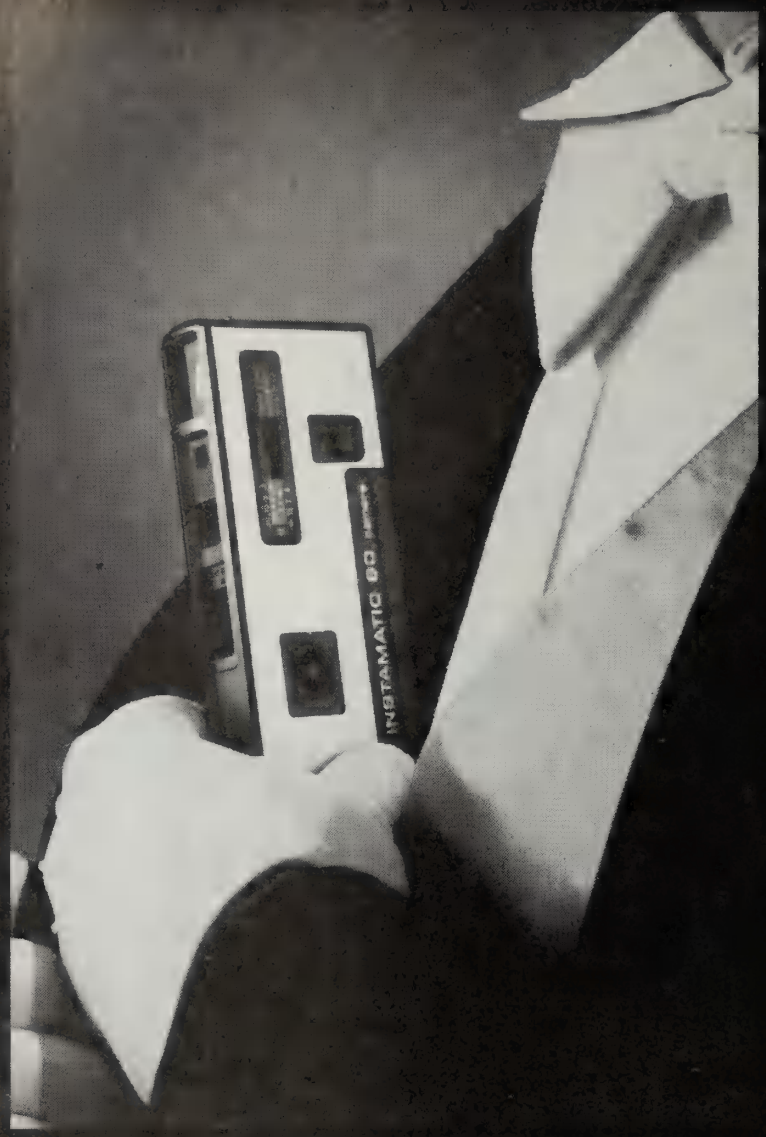
Bath floor *sits on 3 by 4-inch runners on concrete pad. End panel notches into bath sides, is held tight by iron rods bolted to 2 by 4-inch bracing plates. Sketch below shows other bolted rods that hold side, end, and bottom panels together*



END VIEW

standard above-ground pool equipment package; the closed system is filled by a garden hose. A ½-hp pump circulates water, pulling 31 gallons per minute through a 1½-inch-diameter plastic pipe from the tub into a high-capacity sand filter, through a gas-fired 80,000-BTU heater, and back into the bath. The water must be circulated 2 hours per day to stay clean; a thermostat in the heater keeps the temperature well below the approximate 140° that would harm the plastic pipe. To drain the bath for cleaning, a valve on the pump diverts the water and residue into a sump.

The deck and bath were designed by landscape architects Arutunian/Kinney Associates of Palo Area, California. □



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Kodak

Kodak pocket Instamatic 60 camera.

PHILIP L. MOLTEN

Sculptural *wall of shingles seems to flow down from loft, surround window*

A flowing wall of shingles

A teardrop pattern of shingles frames a leaded glass window in the two-story living room of the Dennis Alexanders in San Luis Obispo, California.

The round window is more than just the room's focal point: Colored panes on the lower half of the window obscure the view of State Highway 101 running through the valley that the house overlooks; clear panes on the upper half allow a view across the valley.

Three layers of bender board encircle the 4-foot-diameter window. Economical number 3 grade shingles cover the walls inside and out.

The house was designed by Paul Smith; the window was done by John Ecklund; the shingling by Davis-King Development Company. □

Leaded glass *window provides some light, privacy from highway at base of hill*

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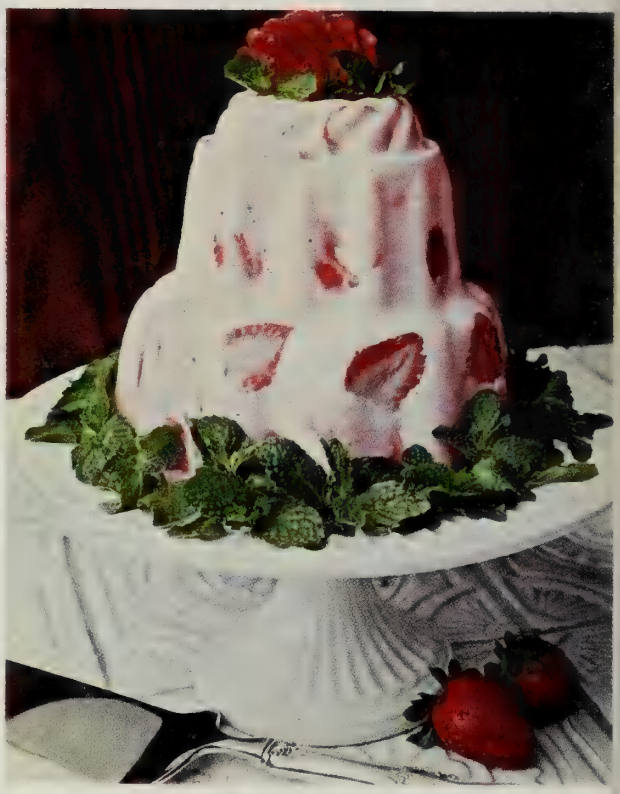
◀ FRESH VEGETABLE SOUFFLE

A summer main dish that's deliciously light.

- 1/4 cup flour
- 1/4 teaspoon salt
- Dash pepper
- 1/2 cup BEST FOODS Real Mayonnaise
- 1/4 cup milk
- 1 cup finely chopped cooked vegetables such as: carrot, green beans, green pepper and corn
- 4 egg whites

Gently stir flour, salt and pepper into Real Mayonnaise. Do not over mix. Stir in milk slowly, then stir in vegetables. Beat egg whites until stiff. Gently fold into Real Mayonnaise mixture until thoroughly blended. Pour into greased 1 1/2-quart souffle dish. Bake in 325°F oven 40 minutes or until knife inserted in center comes out clean. Serve at once. Serves 4



▲ STRAWBERRY SALAD SUPREME

So luscious you can serve it for dessert.

- 2 envelopes unflavored gelatin
- 1 cup reconstituted frozen lemonade
- 2 cups (16 oz) ginger ale
- 3/4 cup BEST FOODS Real Mayonnaise
- 1/4 cup maraschino cherry liquid
- 1/4 teaspoon salt
- 1 cup strawberries, sliced
- 1/4 cup slivered almonds
- 8 maraschino cherries, cut in half

Sprinkle gelatin over lemonade in small saucepan to soften. Heat over low heat, stirring constantly until gelatin is dissolved. Pour into large bowl; add next 4 ingredients. Beat with wire wisk or beater until smooth. Chill until mixture is consistency of unbeaten egg white. Fold in strawberries, almonds and cherries. Pour into 5-cup mold and refrigerate until firm. Unmold on serving plate; garnish as desired. Serves 6 to 8.

◀ CREAMY BACON DRESSING

Eat your spinach a fresh new way.

- 2 tablespoons cider vinegar
- 1/2 cup BEST FOODS Real Mayonnaise
- 1 tablespoon Karo® light corn syrup
- 1/8 teaspoon salt
- 4 slices crisp bacon, crumbled or 2 tablespoons imitation bacon flavored bits
- 2 tablespoons chopped onion

Gradually stir vinegar into Real Mayonnaise. Stir in remaining ingredients. Serve immediately on spinach or tossed greens. Makes 3/4 cup.

start fresh with Real Mayonnaise.

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▲ GINGER LIME DRESSING

Dresses up any fresh fruit

1/3 cup BEST FOODS Real Mayonnaise
1/3 cup light corn syrup
2 tablespoons minced, crystalized ginger
1 tablespoon lime juice
1/2 teaspoon grated lime rind
1/2 cup heavy cream, slightly whipped

Stir together first 5 ingredients; cover and chill. Before serving fold into cream. Makes 1 3/4 cups.

▶ QUICK DILL SAUCE

This creamy sauce for vegetables takes just minutes to make.

1/2 cup milk
1 cup BEST FOODS Real Mayonnaise
1 teaspoon lemon juice
1/4 teaspoon dill weed or 3/4 teaspoon fresh dill

Gradually stir milk into Real Mayonnaise. Add lemon juice and dill weed. Heat over low heat, stirring occasionally, 2 to 3 minutes or until heated. Serve over hot cooked vegetables. Makes 1 1/3 cups.

For instant vegetable sauce, just combine equal parts of BEST FOODS Real Mayonnaise and the liquid in which you've cooked the vegetables. Heat and season to taste with salt and pepper and your choice of basil, dill, thyme, rosemary or even a dash of nutmeg.

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Geraniums cascade *from hanging planters that could also sit on the ground*

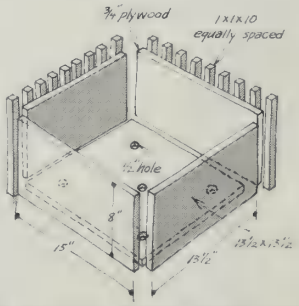
These hangers are also good sitters

Patio areas often invite the use of hanging planters. And the one shown here is especially easy to build.

You need two pieces of ¾-inch redwood plywood 8 by 15 inches, two 8 by 13½ inches, one 13½ by 13½ inches. (Or use ½-inch plywood and adjust sizes to suit.) With glue and 4d galvanized finishing nails, fasten together. On each side start at corners and glue and nail on nine 10-inch-long 1 by 1's.

Hang planter with 12-gauge wire looped through small holes drilled at each corner. Line bottom with pebbles.

Architect James Maul of San Luis Obispo, California, designed the planter; depending on plywood chosen, cost to build three would be $11 to $15. □



Nail *plywood planter together with longer sides overlapping shorter ones. Drill five ½-inch holes in bottom*

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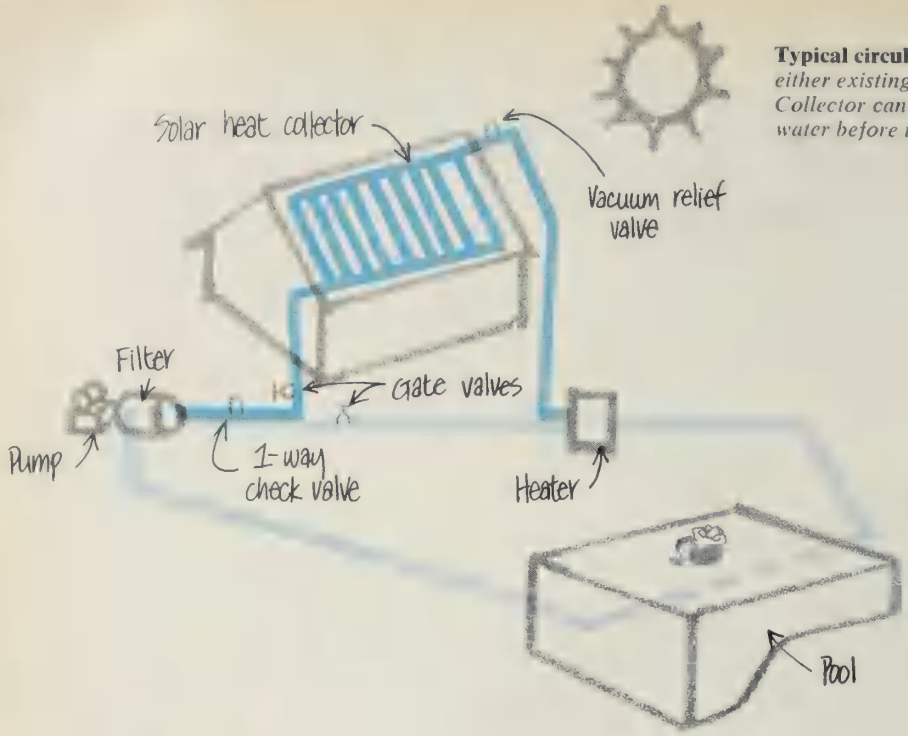
True, what you see here amounts to nothing more than what a perfect towel should be.

Yet, more than any other product we make, this simple length of terry expresses our belief that the necessities of life should be as beautiful as the indulgences.

West Point Pepperell

THE LUXOR TOWEL BY MARTEX 100% COTTON. 24 COLORS.



Typical circulation pattern *lets you bypass either existing heater or solar collector. Collector can also preheat water before it goes to existing heater*

Can you use the sun to heat your pool?

Yes, but season and savings depend on where you live

To warm your pool you now have these choices: gas, oil, electricity, or solar energy. Solar heaters work only when the sun is out, so they don't offer year-round pool heating. But when swimming is best—in warm, sunny weather—solar heating systems can utilize the sun's free energy to heat your pool and reduce your utility bills or extend your swimming season.

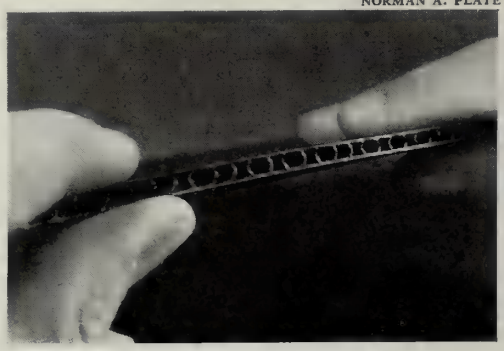
Solar heat-collecting systems can be installed where gas or electric systems already exist—in which case the non-solar system becomes a backup for use on cloudy days.

Although solar systems can cost more initially than gas or electric pool heaters, most pay for themselves within five years by reducing utility bills; thereafter they supply nearly free energy. Here we explain how three different solar heaters were built and how they operate.

Although they utilize different materials—plastic panel, copper pipe and sheet, and plastic pipe—all operate in a similar fashion. Standard pool pumps circulate the pool water through the filter, up to the solar collector, and then back to the pool. To catch maximum sunshine, the collectors should face south with a degree of slope equal to the latitude of the installation (see chart on page 136) and should be away from shading trees and cooling breezes.

Sloping roofs usually provide the best location, but you can also place the collector on sloping racks on a flat roof or on the ground. Mounting the panels flat or towards east or west requires you to

NORMAN A. PLATE

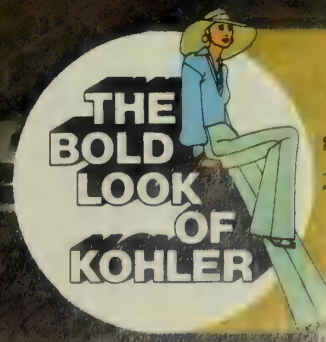


Water moves evenly *through cardboard-like heat-collecting panels and then back to pool. Pipe across center of panels in installation at left helps to hold them down in strong winds*

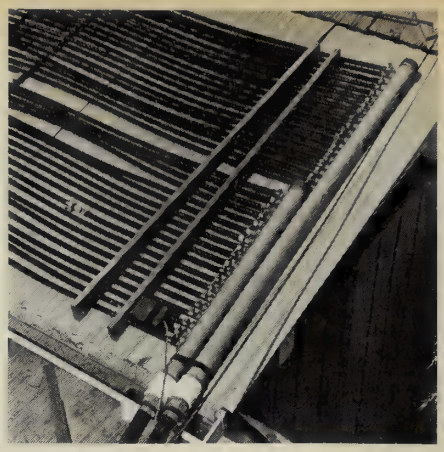
Kohler originals

The Steeping Bath for deep-down soaking comfort. Plus a happy mix of Kohler colors. Great ideas!

Introducing the Steeping Bath . . . a luxurious 20-inch-deep bath with contoured back, arm rests, grip handles, Safeguard bottom. 13 colors and white. Pictured in Expresso—an accent color. Also shown, the Man's Lav in Sunflower, Kohler's newest accent; Rochelle toilet, Caravelle bidet in Mexican Sand, Alterna faucets in brushed gold electroplate. Fixtures in three harmonizing colors add decorating drama.



For more great bathroom ideas, send 25¢ to Box AQ, Kohler Co., Kohler, Wis.



Long loops *of polyethylene rest on patio roof. Short fat pipe distributes pool water through the 19 100-foot-long loops. Longer fat pipe collects heated water and directs it back to the pool*

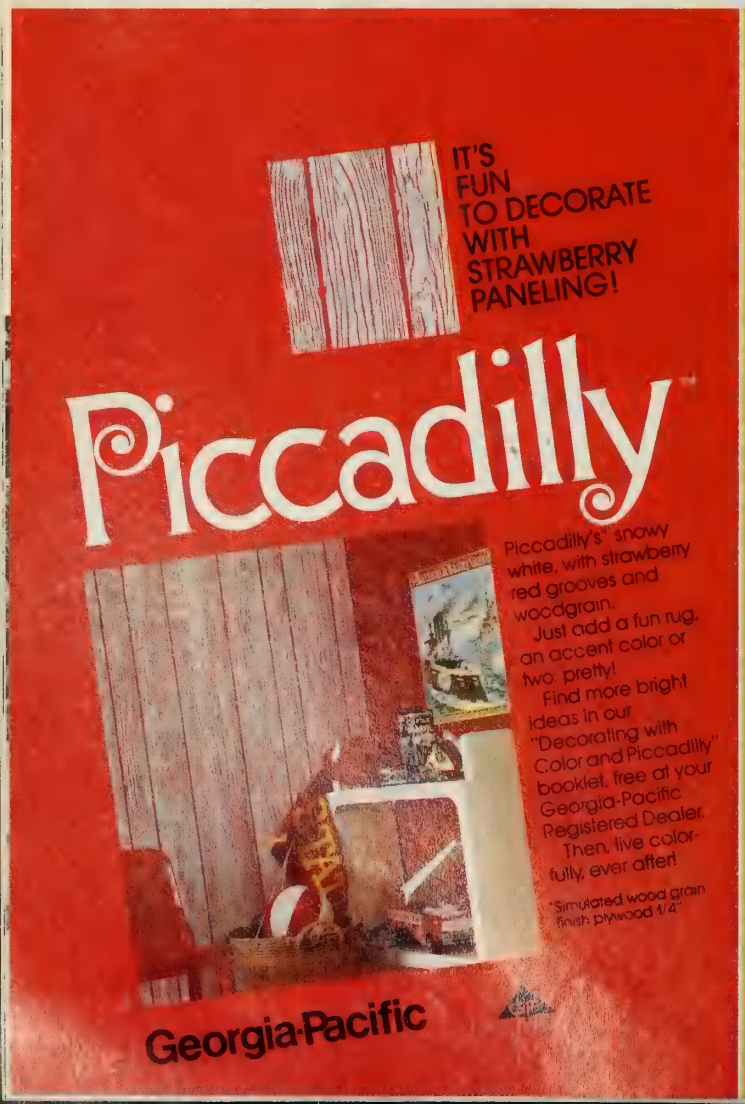
increase the size of the collector to compensate for the loss of efficiency.

The typical collector uses a series of parallel heat-collecting pipes or water channels. A feeder pipe brings the filtered pool water to the lower end of these pipes; as the water rises it's heated by the transfer of the sun's heat through the pipes.

The diameter of the feeder pipe is larger than that of the heat-collecting pipes. This keeps the water circulating quickly and at low pressures through the entire circuit, and is the most efficient method for heating a pool. All the water in your pool should be circulated once a day.

When the water reaches the top of the heat-absorbing pipes or channels, it flows into a pipe as large as the feeder pipe and then circulates back into the pool.

Commercial plastic unit. The Woodside, California, house shown on page 132 uses a commercially available solar collector. (Several others also available are similar in materials and operation to those shown in this article.) Making use of the entire collecting surface, thin card-



oard-like plastic panels spread out the ncoming pool water evenly as it passes nrough the water channels.

'or more information on this pool eater, write to FAFCO, 138 Jefferson)r., Menlo Park, Calif. 94025.

Loops of polyethylene pipe. When her as furnace broke down, Lynn Sutton of Los Gatos, California, decided to try and build a solar heater with polyethylene pipe. With the help of her father, she vas able to put a system together (as picured at left) that keeps the pool near 80° luring the summer months only.

Polyethylene pipe, although not as durable as copper, is low in cost and easy to vork with. But because it doesn't transfer heat as well as copper, large quantities of pipe covering a large area are needed to be effective.

The Sutton system uses 2,000 feet of ½-inch pipe. Notches cut in 2 by 2's hold the 19 separate 100-foot lengths of pipe in place and secure against wind. Each end fits over a male adapter which screws into a ½-inch hole tapped in the 2-inch feeder and return lines.

On extremely hot days and during freezing weather the system has to be drained. A check valve (available at plumbing supply shops), located near the pool pump allows frequent draining without upsetting the normal pool filtration circulation.

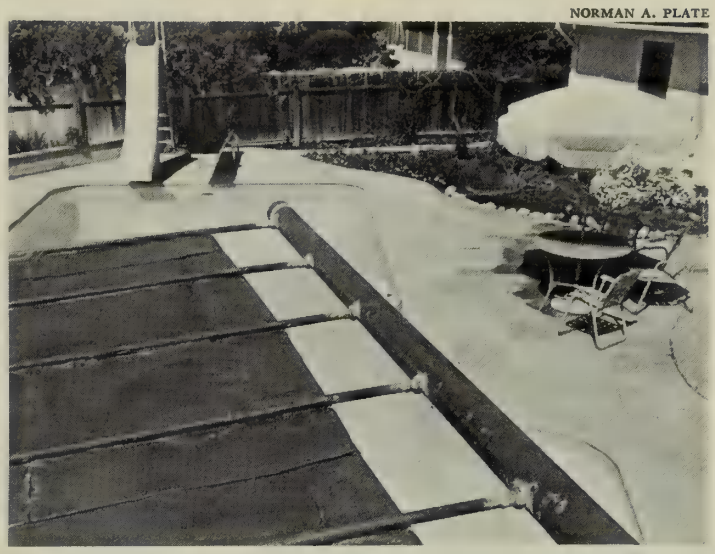
Copper pipes and sheeting. In the system illustrated below, 18 type L copper pipes of ½-inch outside diameter, 24 feet in length, were arranged parallel to each other. To keep the water moving quickly and at low pressure, a 2-inch pipe brings the water to the parallel collector pipes.

Each of the collector pipes is soldered to 20-ounce copper sheeting set on top of the roof; designer-builder Francis de Winter of Pasadena found that 9-inch spacing was most efficient. After soldering, pipe and sheeting were painted with asphalt driveway paint.

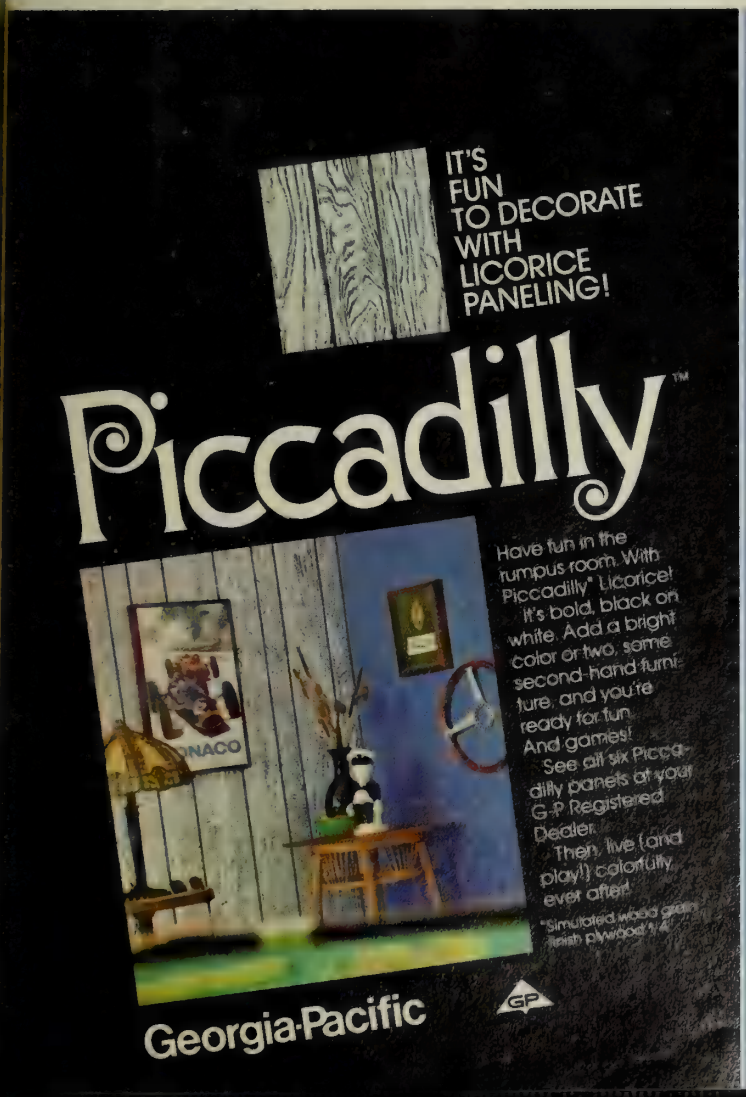
The black paint helps absorb the sun's heat and soldering the pipes to the copper sheeting helps transfer its heat to the pipes and the water in them. Placing insulating foam between roof and sheeting would avoid some heat loss to the roof.

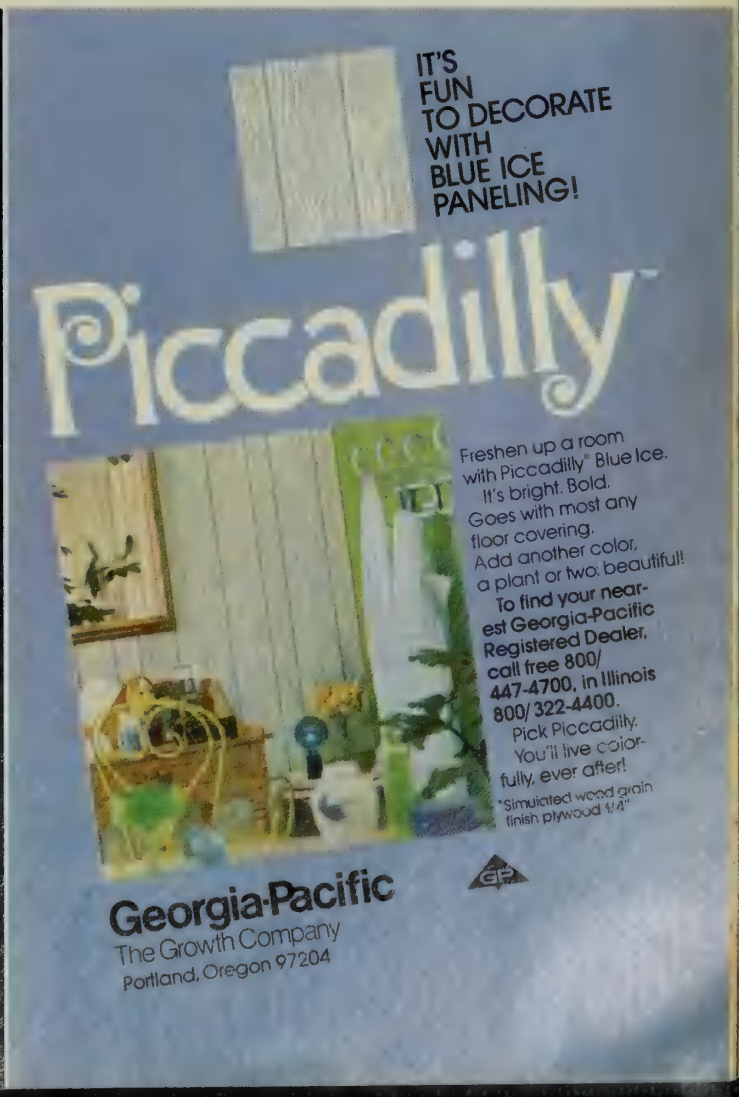
During the hottest part of the year your

NORMAN A. PLATE



Large *feeder pipe distributes water to smaller heat-absorbing pipes soldered to copper sheeting*





pool may be warm enough that you won't need to use the solar heater. But motionless water in pipes can boil and rupture them. To prevent this, install a vacuum relief valve on the line at the top of the collector pipes and a check valve near the pump, so that you can drain the system. You may also need to drain the system during the winter so pipes won't rupture from water freezing inside them.

A free manual recently published by the Copper Development Association lets you figure the exact requirements and costs of this system for any pool in the West. This technical manual, aimed at the solar energy enthusiast, can be used by experienced handymen. For a copy, write to the Copper Development Association, 405 Lexington Ave., New York 10017.

Your system and season depend on where you live

CITY	LAT	3/8" COPPER PIPE	1" POLY-ETHYLENE PIPE	PLASTIC PANEL	PERIOD OF USE
Phoenix	33°	400′–500′	3000′–4000′	240 sq. ft.	3/15– 6/15 8/15–11/1
Los Angeles	34°	400′–500′	3000′–4000′	240 sq. ft.	4/15– 7/1 8/1–10/1
San Francisco Bay Area	37°	450′–550′	3500′–4500′	280 sq. ft.	5/1–10/1
Portland	45°	500′–600′	4000′–5000′	320 sq. ft.	6/1–9/15
Seattle	47°	525′–625′	4200′–5200′	320 sq. ft.	6/8–9/7

Each solar heater's success depends on climate, pool size, location of the collector, its assembly, and materials used. The chart above shows the approximate length of pipe needed for a 450-square-foot pool to bring the water to 78° in various cities in the West. It gives each city's latitude and the maximum period of use under ideal conditions. □

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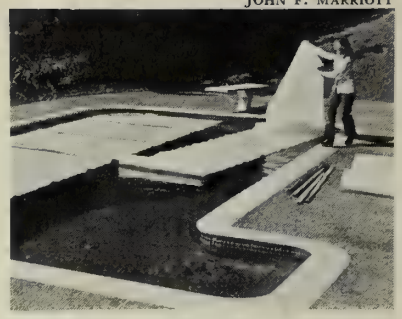
JOHN F. MARRIOTT



Pool cover holds in sun's heat

Inspired by the article on pool covers in the November 1973 issue of *Sunset,* this pool covering doesn't attract heat to the pool but holds in what's already there during the night or on cold days. Now there's only a 1° drop in water temperature at night instead of the usual 6° to 7° drop. R. L. Holmes of Tiburon, California, found this cut his heating bills in half.

Closed-cell polyethylene foam, ¼ inch thick, floats on the water. Resting on top are fir 1 by 2's to hold the 4-foot-wide sheets down in a wind. Cost of the sheeting is about 8 cents a square foot; for a supplier, look in the yellow pages under Plastics—Supply Centers. □

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The historic Hale House, Heritage Square, Los Angeles, California. (After this picture was taken, the house was repainted its original nine colors.)

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For more information about the infallible Color Key system and the name of a dealer near you, write Ameritone Color Key Paint, 18414 Santa Fe Avenue, Compton, California 90221.

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PETER O. WHITELEY

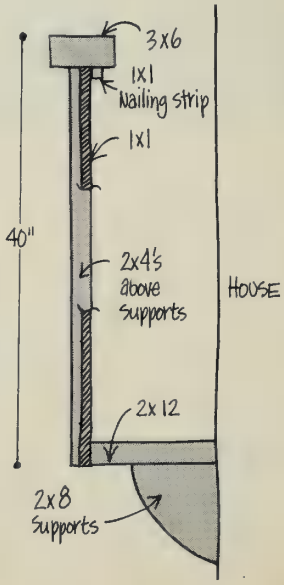
Mini balcony *is a stage for plants, opens up small room*

This narrow room now seems larger

You often get an impression of tunnel vision when entering a house built on a narrow lot, but Mr. and Mrs. Kerrick Collins of Belvedere, California, found a way to counteract this effect. They added full-length sliding glass doors and a small balcony to make their narrow dining room seem much larger without violating local setback regulations.

The balcony is 9 feet long and slightly more than 12 inches deep. It is supported only by two curved pieces of wood cut from 2 by 8's and nailed to the side of the house. While it's not intended for walking on, it will support one man's weight.

Flowerpots can rest on the wide 3 by 6-inch railing that caps two 2-by-4 posts and rough-sawn 1-by-1 slats. These slats, spaced 3 inches apart, are secured to a 1-by-1 nailing strip at top, to the 2 by 12 at bottom. □



Mme Cecilia Chiang in a Long-Bell kitchen showing Mrs. Dan Denno how to make Prawns ■ la Szechwan, her famous Mandarin specialty.

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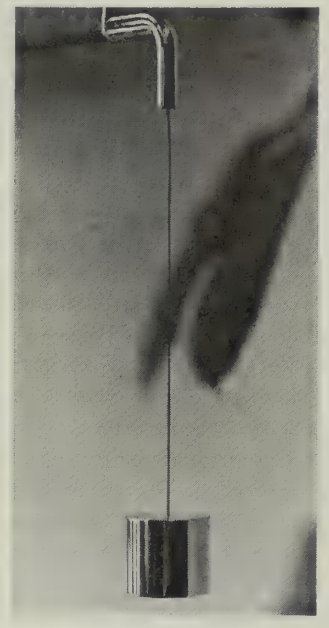
GLENN CHRISTIANSEN

Main color accent *in this living room is a 40-inch-wide by 9-foot-long strip of colorful patterned fabric*

Wall rod *is bent at ends to form projecting, hooked bracket. Other bent-ended rod runs through fabric sleeve and rests on bracket*



Weights *hang on cable plugged into each end of lower rod to keep fabric taut*

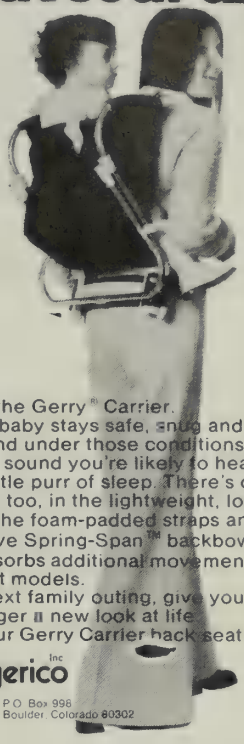
Fabric on the face of the fireplace

Using fabric to decorate a wall isn't a new idea, but here's a way of hanging it you may not have seen before. Instead of being fixed flat against the wall as it would be if tacked or stretched on a frame and supported on a hook, this fabric hangs free with the bottom edge weighted so it doesn't flap about.

The hardware is ⅝-inch-diameter chromed metal rods, aircraft cable (1/16-inch diameter), and 4-pound chromed cylindrical weights (see close-up photographs above). The rods rest on brackets, and the fabric easily lifts off to be changed or removed for cleaning —no staples or brads to remove.

Carl Magnusson designed the fixture for the Bruce Killian's house in Huntington Beach, California. The architect was Ron Yeo. □

Back seat driver



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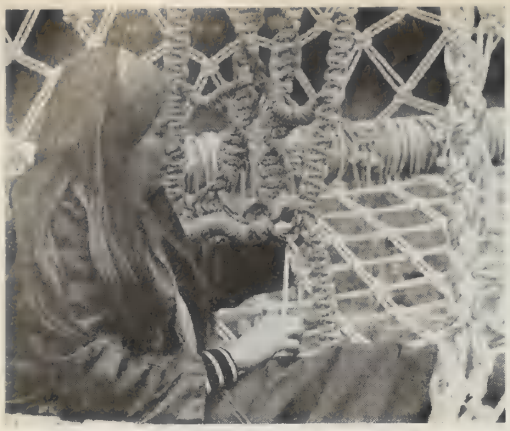


Weaver *Alexandra Jacopetti makes a ladder using double half hitches. In all, the play structure used over 12,000 feet of rope*

COMMUNITY ACTION

It's amazing what you can do with a bit more than two miles of dacron rope

JERRY WAINWRIGHT

Macramé magic *makes several play areas: crow's nest at top, slide at right, plus swings, climbing walls, and bouncy floors with sand pit underneath*

The knotted network that enchants these children isn't as complicated as it looks. While it shows ingenious design, it's done mostly with two simple macramé knots. It was made for the children and parents of Bolinas, California, by weaver Alexandra Jacopetti, with help from the community.

Designed as a community gathering place, the rope play structure sits on public land adjoining the headquarters of the Public Utility District, the town's main government organization; townspeople donated $670 for the rope—some 12,500 feet of ¼-inch-thick sailmaker's lay dacron rope.

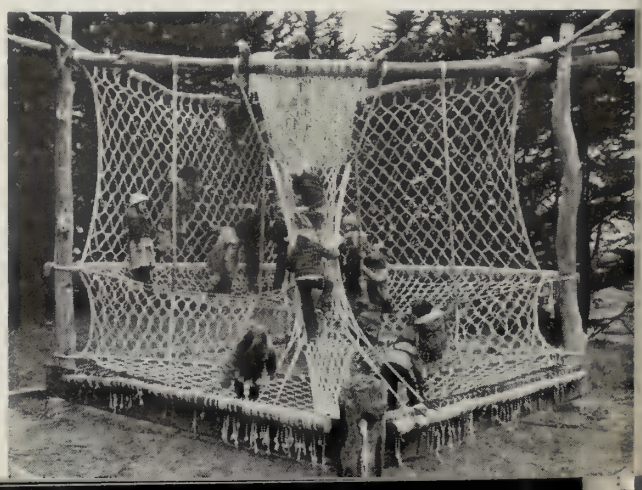
The support posts are driftwood, hauled up from a nearby beach. The framework is 12 feet square and 12 feet high; the corner posts are set 3 feet into concrete. Boards are nailed around the base to hold a cushion of sand.

The structure has several elements for children to play on: mesh walls, two levels of web flooring, ropes to swing on, a tightly knotted slide, and a crow's nest on top. The bottom floor ropes are tied to thin poles that run along the base boards; the poles are pulled downward with turnbuckles to keep the floor trampoline-taut.

Ms. Jacopetti built a model from string before she and her helpers moved on to the rope. All but the crow's nest and slide were knotted in place from a forest of rope lengths hung from the framework. Almost all the knots are double half hitches and square knots; there's also extensive braiding. The rope manufacturer wouldn't give a precise estimate of its durability; the builders expect it to last for 5 to 15 years in the damp coastal climate of Bolinas.

The structure's success is shown in the faces of the children as they explore through it. Their own name for it is "Macramé Park." □

Structure hangs *from driftwood frame. Thin poles at bottom can be pulled down to keep rope floor taut*



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The Wide Oval System

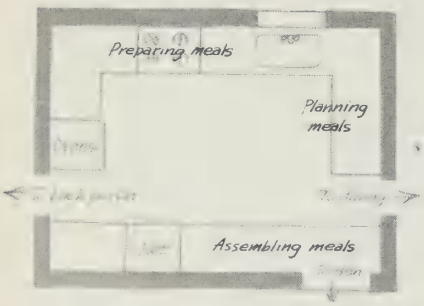
Firestone

Preparing meals *Work space is wood counter flanked by ovens and sink. Cooktop in middle. All ingredients and equipment for preparing meals are a step or reach away. Counter lights are recessed beneath cabinets*

She prepares meals one place, assembles them in another

Mellow birch counters, Chinese red cabinets, and a wealth of kitchen tools make this kitchen attractive and interesting. But what makes it superb as a place to work is the well-thought-out, ample storage and the separation of work areas. The 12 by 14-foot room breaks neatly

CRAIG ZWICKY



Assembling meals
Counter stretches 8 feet. It's long enough for spreading out a buffet or collecting a meal to transport through dining room door at left or through shuttered opening to den. Serving ware above and below counter

CRAIG ZWICKY

Planning meals

Cook books, recipe files, writing materials, and the telephone fill corner of kitchen between dining room door and sink

into three areas: where meals are planned, where they are prepared, and where they are served. In each area there is close-at-hand storage of tools and equipment.

Judy Perry, its chief user and a cookbook author, designed the room herself. She likes to have most kitchen supplies out of view. In the photographs on the previous page the contents of drawers and cupboards are labeled for the benefit of readers planning a kitchen along similar lines. What is on view is either good to look at (a favorite pasta, chocolate chip cookies, or dried beans, all in clear glass jars) or out in the open for convenience (knives, seasonings, a hand towel).

The birch countertops came from a shuffleboard alley in an about-to-be-destroyed tavern. The alley was sanded clean, cut to fit, and glued on the old plastic countertop. The extra 2-inch height works well for the taller-than-average Mrs. Perry. □

Window *over sink opens for handouts and kitchen kibitzing. Drinking glasses are stored in cabinet at right*

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Sunset's Kitchen Cabinet®

The three entrées we propose here offer more menu variety and flexibility than meets the eye. For instance, instead of barbecuing the beef chuck roast you might prefer to use the same marinade on a thick cut of top round or sirloin tip steak.

If you make the crunchy seafoo salad once with shrimp, you migh try it another time with tuna, or eve cooked chicken. And although garli frankfurters are combined with frui

Chuck roast, tenderized and soaked in marinade, is a good cut to barbecue

Barbecued Beef Chuck Roast

To test meat for doneness, slash into center or use meat thermometer.

- 1 medium-sized onion, finely chopped
- 2 tablespoons salad oil
- 2 cloves garlic, minced or mashed
- ¼ cup chopped parsley
- ⅓ cup soy sauce
- 1 teaspoon *each* ground ginger, allspice, and rosemary leaves
- 3 tablespoons red wine vinegar
- 2 tablespoons packed brown sugar
- 1¼ cups regular-strength beef broth
- Unseasoned meat tenderizer
- 3½ to 4-pound chuck roast (or 2½ to 3-lb. sirloin tip or top round), about 1½ inches thick

In a frying pan sauté onion in oil until limp. Stir in the garlic, parsley, soy, ginger, allspice, rosemary, vinegar, brown sugar, and broth. Bring to boiling, then cool.

Apply tenderizer to roast according to package directions; place in a close fitting pan; pour over marinade and refrigerate 6 hours or overnight. Lift meat from the marinade, drain briefly, and place on a grill about 4 to 6 inches above a bed of hot glowing coals.

Cook, turning several times and basting with remaining marinade, until done to your liking, about 30 to 40 minutes total for medium rare. Serves 6.—*M. H., San Pedro, Calif.*

Crunchy seafood salad makes a fine main dish for a lunch or light supper

Oriental Salad Bowl

Instead of shrimp you can use 2 cups cooked chicken pieces or tuna.

- About ½ pound fresh bean sprouts
- 2 cups (¾ lb.) cooked, shelled small shrimp
- ½ cup thinly sliced celery
- 1 can (6 oz.) water chestnuts, drained and sliced
- ⅓ cup thinly sliced green onions
- Ginger mayonnaise (recipe follows)
- 1 cup canned chow mein noodles
- Salt and pepper
- Crisp greens

Rinse the bean sprouts well, drain, and pat dry. In a large bowl combine the bean sprouts, shrimp, celery, water chestnuts, and green onions; cover bowl and chill for 2 to 3 hours. In a separate bowl stir together the ginger mayonnaise; cover and chill.

To serve, gently mix together the shrimp mixture with the ginger mayonnaise. Sprinkle in the chow mein noodles, toss lightly, then season to taste with salt and pepper. Arrange greens on a serving plate; mound shrimp mixture on top. Makes about 4 servings.—*A. F., Seattle.*

Ginger mayonnaise. Combine ½ cup *each* mayonnaise and sour cream, 1 teaspoon *each* grated lemon peel and ground ginger, and 1 tablespoon lemon juice.

Split frankfurters and pineapple heat on top of spinach and rice casserole

Fruit and Frankfurter Bake

You can use other cooked sausages such as kielbasa or smoked links.

- 1 cup long grain rice
- 1 package (10 or 12 oz.) frozen chopped spinach
- 3 tablespoons butter or margarine
- 1 medium-sized onion, chopped
- ¾ cup chile sauce or catsup
- 2½ tablespoons Dijon mustard
- 1 tablespoon Worcestershire
- 1½ teaspoons chile powder
- 1 can (about 14 oz.) sliced pineapple
- 6 garlic frankfurters (about 1½ lbs.)

Cook rice according to package directions. Thaw spinach quickly, then press out all the water.

Melt 2 tablespoons of the butter in a frying pan over medium heat; add onion and sauté until limp. Stir in chile sauce, mustard, Worcestershire, and chile powder. Drain pineapple syrup into onion mixture; cut 2 of the pineapple slices into bite-sized pieces and stir into sauce. Simmer, uncovered, for 5 minutes. Combine sauce, rice, and spinach; turn into a shallow 2-quart casserole. Split frankfurters and arrange over rice with remaining pineapple slices, halved. Brush top with remaining butter, melted. Bake, uncovered, in a 350° oven for 25 minutes, or until hot. Serves about 6. —*H. N., San Francisco.*

n the whole-meal casserole, other lly cooked sausages also work well. o share your own versatile recipes ith us, mail them to *Sunset Magazine*, Menlo Park, Calif. 94025. We ay $10 for each recipe published.

What's for dinner? A chuck roast, a shrimp salad, a frankfurter bake

Cottage Cheese Pan Rolls

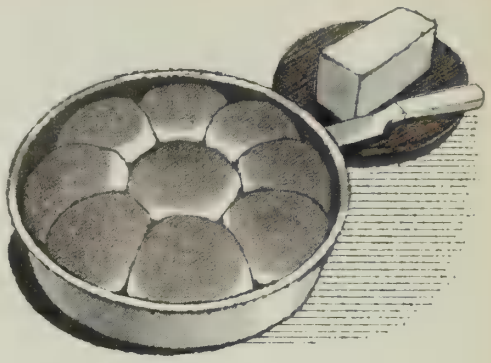
For a flavor variation add 2 teaspoons dill weed with the cottage cheese.

- 1 package active dry yeast
- ½ cup warm water (about 110°)
- 1 cup large curd cottage cheese
- 1 egg
- About 3⅓ cups regular all-purpose flour (unsifted)
- 2 teaspoons baking powder
- ¼ teaspoon soda
- 1 teaspoon salt
- 1 tablespoon sugar
- 2 tablespoons firm butter or margarine

Soften yeast in warm water for 5 minutes. Combine cottage cheese and egg in a blender; whirl until smooth.

Combine 3¼ cups of the flour, baking powder, soda, salt, and sugar. Work the butter into the flour mixture with your fingers until no large particles remain. Stir in cheese mixture and yeast. Turn out on a floured board and knead until smooth, about 5 minutes, adding flour as needed to prevent sticking. Place in a greased bowl, cover, and let rise 30 minutes.

Punch down dough. Divide it into 18 equal pieces. Roll each into a ball and arrange in 2 greased 8-inch round cake pans. Let rise 10 minutes, then bake in a 350° oven for about 25 minutes or until golden. Makes 1½ dozen.—*L. C., Poulsbo, Wash.*



Speedy yeast rolls that you can have ready to serve in about 1½ hours

Vegetable-stuffed Pepper Shells

Neatly packaged and spicy, this vegetable dish is a good choice to accompany barbecued beef or lamb patties.

- 4 large green peppers
- Boiling, salted water
- 2 tablespoons olive oil or salad oil
- 3 large carrots, shredded
- 3 stalks celery, diced
- 1 large onion, chopped
- 3 tablespoons chopped parsley
- 1 can (15 oz.) marinara sauce
- 1 teaspoon sugar
- Salt and pepper
- ½ cup freshly grated Parmesan cheese

Cut peppers in half lengthwise; discard seeds and stems. Cook peppers in boiling water until just tender crisp when pierced, 3 to 5 minutes. Remove from water with a slotted spoon, drain, and set aside.

Heat oil in a frying pan over medium heat. Add the carrots, celery, onion, and chopped parsley. Cook, stirring, until onions are limp, about 5 minutes. Stir in the marinara sauce and sugar; season to taste with salt and pepper and heat through. Evenly spoon carrot mixture into pepper shells; sprinkle cheese evenly over top. Arrange on a baking sheet and broil 4 inches from heat until cheese is bubbly. Serves 8.—*J. M., San Juan Capistrano, Calif.*

Fill pepper shells with the marinara-sauced vegetables and top with cheese

Spicy Coconut Chiffon Pie

Cinnamon and nutmeg distinguish this creamy pie filling with its layers of toasted coconut.

- ¾ cup shredded coconut
- 1 teaspoon ground cinnamon
- ¼ teaspoon ground nutmeg
- ¼ teaspoon salt
- 1 envelope unflavored gelatin
- ½ cup sugar
- 4 eggs, separated
- 1¼ cups milk
- 1 teaspoon vanilla
- ½ cup heavy cream, whipped
- 9-inch baked pastry shell

Combine coconut, cinnamon, and nutmeg in a shallow baking pan. Place in a 350° oven until coconut is toasted, about 10 minutes; stir frequently to toast evenly. Set aside.

Combine salt, gelatin, and sugar; beat in egg yolks. Slowly stir in milk. Cook over medium-low heat, stirring constantly, just until mixture boils. Remove from heat; stir in vanilla. Chill until mixture mounds slightly when dropped from a spoon.

Beat egg whites until moist stiff peaks form. Fold egg whites and whipped cream into gelatin mixture. Spoon half the cream mixture into crust, top with half the coconut; then repeat layers with remaining filling and coconut. Chill until set. Makes 6 to 8 servings.—*I. R., North Sacramento.* □

This airy chiffon pie, a light dessert, can wait in the refrigerator overnight

The ancient art of fruit drying

Today you use the sun, sulfur, or the heat of your oven

Jars *of delicious home-dried fruits—apples, apricots, peaches, pears, figs, nectarines, raisins, prunes—are ready to eat or to store for a variety of later uses*

JOHN F. MARRIOTT

Sun-drying is probably the oldest method of preserving fruit. When exposed to the sun and wind, fruits just naturally shrivel and dry. And when most of the moisture is gone, spoilage is delayed and the fruit may be stored.

Nature's simple process is essentially the way fruit drying is still done. Clusters of table grapes laid out in the sun turn into raisins. Fully ripe figs and prunes need little more than direct exposure to sun and air to dry.

But, of course, fruits like apples, pears, apricots, and peaches turn brown when exposed to air. This chemical reaction, called oxidation, also robs the fruit of flavor and vitamin C.

In order to dry these light fruits so they taste and look as good as dried fruits you can buy, you must halt the oxidation process. The most effective treatment known today is to expose the cut fruit to the fumes of burning sulfur. The sulfur prevents browning and also helps repel insects, speeds up drying time, and acts as a preservative. The drying process can be stopped while the fruit is still pliable, retaining most of its original shape, color, and vitamin C.

Sulfuring is the technique commercial fruit dryers use and it's recommended for home fruit drying. Food technologists at the University of California at Davis have assured us that when this technique is properly used, it is perfectly safe and leaves no harmful residue on the fruit. Directions for sulfuring fruits at home are given on page 151. The chart below tells which fruits require it and the amount of sulfur to use.

The alternatives to sulfuring are all far less effective. Blanching fruit in steam before drying helps destroy the enzymes that promote oxidation; dipping fruit in antioxidants like ascorbic acid (vitamin

FRUIT	VARIETIES BEST FOR DRYING	HOW TO PREPARE THE FRUIT	TREATMENT BEFORE DRYING	TEST FOR DRYNESS
Apples	Firm varieties such as Gravenstein, Newtown Pippin, Winesap, Rome Beauty, and Jonathan	Peel, cut off both ends. Either cut out core and slice apples into ¼-inch-thick rings, or cut into ¼-inch-thick slices, removing core.	Sulfuring is preferred. Use 2 teaspoons sulfur for every pound of cut fruit.	Soft, leathery, pliable.
Apricots	Blenheim, Royal, and Tilton	Wash, cut in half, remove pits.	Sulfuring is preferred. Use 1 teaspoon per pound of cut fruit.	Soft, pliable—slightly moist in center when cut in half.
Figs	Adriatic, Calimyrna, Mission, and Kadota	Leave figs on tree; when fully ripe, and ready for drying, they fall to the ground. Wash, leave whole.	No treatment necessary.	Leathery outside but still pliable. Interior should be a little sticky but not wet.
Grapes	Thompson Seedless and Muscat	Wash, leave whole. Leave stems on until after fruit is dried.	No treatment necessary.	Raisinlike texture, wrinkled.
Nectarines and peaches	Freestone varieties	Wash, cut in half, remove pits. Not necessary to peel peaches but will result in better-looking dried fruit.	Sulfuring is preferred. Use 2 teaspoons sulfur for every pound of cut fruit.	Soft, pliable—slightly moist in center when cut in half.
Pears	Bartlett	Wash, peel, cut in half, remove core.	Sulfuring is preferred. Use 2½ teaspoons sulfur for every pound of cut fruit.	Soft, pliable—slightly moist in center when cut in half.
Prunes	French, Imperial, Sugar, Standard, Burton, and Robe de Sergeant	Halves: Wash, cut in half, remove pits. Whole: Check or crack skins in lye bath as directed on page 151.	No treatment necessary.	Halves: Flesh firm but still pliable. Whole: Flesh firm—pit will not slip when prune is squeezed.

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C) or salt helps retard darkening, but the fruits become soft and are hard to handle. If you want to try one of these alternatives, write for these publications:

Home Drying of Fruits and Vegetables (*Extension Circular 332*). Utah State University Extension Services, Logan 84321; 20 cents.

Home Drying of Fruits and Vegetables (*E.M. 2313*). Cooperative Extension Service, Washington State University, Pullman 99163; single copies free.

Our chart on page 148 gives the information you'll need to produce delicious home-dried fruits. Some varieties give better results than others. Large-sized fruits need to be sliced or cut. Prunes have tough skins; before you dry them whole they need to be dipped in a weak lye solution so tiny cracks form in the skin. (Directions follow; it's safe when done as directed.) Or you can halve the prunes and eliminate this step.

Select fully ripe but not mushy fruit—fruit that is in top condition for eating fresh. Under-ripe prunes, for instance, will turn dark brown and get puffy.

Sort and wash all fruit. Discard any that shows signs of spoilage, unless it can be completely cut away.

For figs, grapes, and prunes

Line drying trays with a double layer of cheesecloth (available by the yard in fabric stores). The trays can be rimmed baking sheets, clean shallow cardboard or wooden boxes, or stackable wooden trays made of fruit packing lugs (see page 153). Spread fruit slightly apart on cheesecloth.

Arrange trays in the sun, off the ground on benches or a picnic table if possible. To protect from insects, cover trays with a single layer of cheesecloth so cloth doesn't touch fruit. Check frequently; move trays when shaded.

If you live in an area where nights are relatively clear and nighttime temperature doesn't drop more than about 20° below midday highs, you can leave trays outdoors or stack them and cover. If there's fog or the temperature is expected to drop more than 20°, bring trays under cover or indoors.

If it rains, bring trays indoors, and if they need to remain indoors more than just briefly, cover with cheesecloth to protect from dust. The fruit will continue to dry, but much more slowly. Check frequently, and if you see any mold forming, do this: Mix 1 tablespoon sodium hypochlorite (available in drug stores) and 1 quart water. Moisten a cloth with solution and wipe off mold. The solution will slow down, but not prevent, additional mold from forming.

The time it takes to dry fruit depends on its size and on the temperature and humidity. In hot areas, it may be done in two or three days; in cooler areas up to about seven days. Test for dryness, using guidelines in the chart on page 148. When dry, bring indoors and let fruit cool completely before packaging.

Store dried fruit sealed inside double plastic bags, in glass jars, or in plastic or ceramic containers (rinse containers in hottest tap water and dry well). Metal containers may be used if you package fruit in plastic bags first. Place a double layer of clear plastic film over mouth of a jar before putting on a metal lid.

Let fruit mellow for about two weeks before eating. Packaged fruit stored in a cool dry place, or refrigerator or freezer, should keep for about a year. Remember to check fruit often; discard any that turn moldy.

If the fruit is firmer than you like, "tenderize" it before eating by immersing in boiling water for about 15 seconds,

en let dry on paper towels.

ye bath for whole prunes. Combine 5 aspoons lye (available in hardware ores) and 1 gallon water in a large ainless steel or enamelware kettle and eat to just below boiling. Wear rubber loves to protect your hands and be areful to avoid splattering. Place prunes a wire strainer and immerse in the lye olution just until skins check or crack—bout 5 to 15 seconds (if left too long eir skins will peel). Rinse *very oroughly* under a strong stream of cold ater and let drain.

o dispose of lye solution, carefully our it down a sink drain or toilet bowl. Rinse sink or bowl and utensils with arge amounts of cold water.

or apples, apricots, nectarines, eaches, and pears

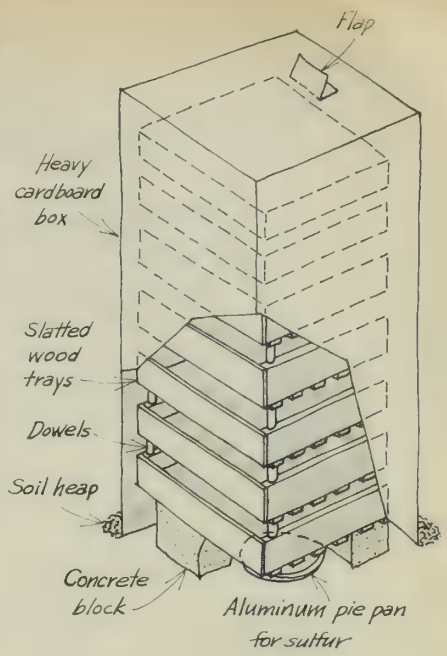
Preventing oxidation by sulfuring (or an lternative method) is necessary before hese fruits are put out to dry. Sulfuring equires that the fruit be arranged on vooden trays that, when stacked, allow umes to circulate freely. Trays made rom fruit lugs (see page 153) are an asy, inexpensive solution.

For sulfuring, you'll need a large cardboard box such as the packing cartons large appliances come in—an oven or range carton covers five or six trays, and refrigerator or freezer cartons hold up to about ten trays (appliance stores are usually anxious to give cartons away). It should be free of cracks or holes, but small ones can be covered with masking tape. Cut a flap in the box near the bottom, so you will be able to reach inside to light the sulfur. Cut a flap about the same size in top.

You'll need two concrete building blocks (about 8 by 8 by 16 inches), an 8-inch foil pie pan, and either pure powdered sulfur (available in hardware and some drug stores) or flowers of sulfur (from nurseries or garden supply centers); check the label to see that it is at least 99.8 per cent pure.

Sulfuring must always be done outdoors. Choose a place where there is unplanted dirt or gravel. Dig a shallow pit to hold foil pan. Place concrete blocks on either side of pit about 17 inches apart, then stack drying trays on blocks. Cover all with the cardboard box—it should be at least 1½ inches larger than the height, width, and length of the stack of trays.

After drying trays are made (directions



follow) and your sulfuring box is prepared, you are ready to proceed. Line trays with a double layer of cheesecloth and arrange prepared fruit on cloth the same as for fruits that don't require sulfuring. The weight of cut fruit determines the total amount of sulfur needed

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see chart on page 148). Place measured sulfur in the foil pan and place in prepared pit.

It is best to begin sulfuring in late afternoon or early evening so the fruit can remain in the box overnight after sulfuring. Stack trays of fruit on the blocks and cover with sulfuring box. Push dirt against bottom edges of box to seal. If box has bottom flaps, turn to outside and weight flaps with bricks to seal.

Open the two small flaps you cut in the box. Light sulfur with a match. After 5 minutes peek through bottom flap to check that sulfur is burning; if not, relight. When the sulfur is burning well, close both flaps. The sulfur fumes can be highly irritating, so keep children and pets away. The next morning, remove box and arrange trays in the sun, following directions for untreated fruits.

NOTE: *In areas where there is frequent rain, you may find oven-drying your fruit a better method than sun-drying. Since sulfured fruit cannot be oven-dried, you will have to use one of the other ways to prevent browning as described in the publications listed on page 150. They also tell you how to dry fruit in an oven.*

Wood trays for sulfuring and drying

With a few alterations, wood fruit packing lugs (about 17½ by 13½ inches) make excellent drying trays. Often produce managers will give these lugs away or sell them to you. Or build your own wood trays to similar dimensions.

To prepare each tray, remove lug bottoms. From 1¼-inch-wide smooth pine lath, cut six pieces about 17½ inches long. Starting ½ inch from each side of the lug, nail lath about ⅞ inch apart across lug bottom. Use common (nongalvanized) nails to avoid corrosion caused by sulfur fumes. Cut four 1½-inch-long legs from 1-inch-diameter doweling, and nail to bottom corners as pictured below.

Each of these drying trays will hold about 1 to 1½ pounds whole apricots or about 15 to 18 pitted apricot halves. If you have a lug of apricots weighing 24 to 26 pounds, and a sulfuring box with a capacity of eight trays, you'll need to do the job in three batches. □

DARROW M. WATT

Pieces of dowel *on bottom corners let air circulate when trays are stacked*

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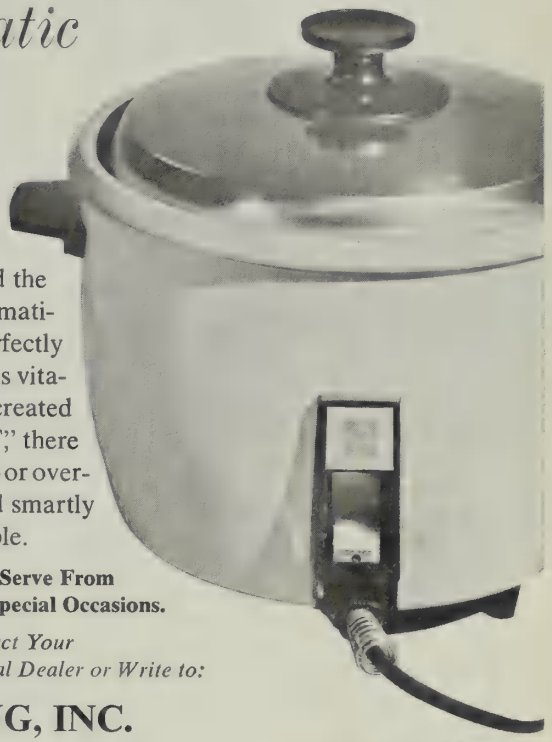

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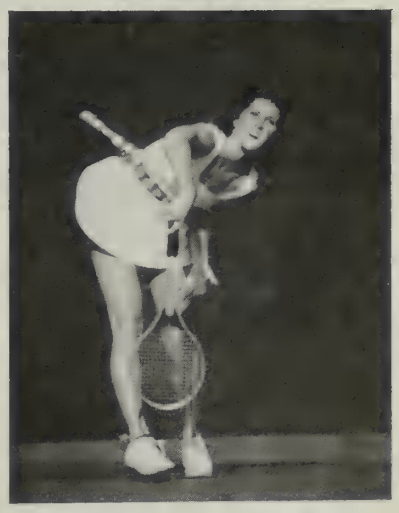

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DARROW M. WATT

Guests help themselves *from party buffet table. Center attraction: the special salad-style sandwich fillings—curried chicken, tuna with olives, spicy mushrooms, celery root, and vegetable ratatouille. Make sandwiches with crusty bread; add salad greens and ham, if you like*

The salad-sandwich party

You provide salad-style fillings. Guests put them between, on, alongside bread

A leisurely way to entertain guests this summer is to plan a salad-sandwich party. It's an idea adapted from the delicatessen-type sandwich shops of Brussels.

Like the sandwich shop customers, party guests choose from a collection of boldly flavorful salad-style sandwich fillings. Here we offer two protein-rich fillings (chicken and tuna) and three vegetable salads (celery root, mushroom, and ratatouille). All can be made at least a day in advance.

This party can serve any number of guests. For our group of 8, we served all five of the salads along with about ¾ pound of thinly sliced ham. You could easily multiply these quantities for a larger group and offer along with the salad-sandwich fillings either the thinly sliced ham or Swiss cheese, or both.

For a small group of about four you could serve either the chicken or tuna salad accompanied by one or two of the vegetable salads, or serve a couple of the vegetable salads with ham or cheese.

For the bread buy baguettes (long skinny loaves of French bread), regular long loaves of French bread, or French rolls. A 1-pound loaf makes six to eight servings. Split bread lengthwise and butter. Place on a cutting board or in a basket.

You'll also need a medium-sized head of romaine, red leaf, or iceberg lettuce, or 2 small heads of butter lettuce for every three or four servings.

Accompany the meal with chilled white wine, iced tea, or beer. For dessert you might offer cantaloupe or honeydew melon wedges and whole strawberries.

Curried Chicken Salad. Blend together ½ cup mayonnaise, ½ teaspoon garlic salt, 1 teaspoon curry powder, ⅛ teaspoon cayenne, ½ teaspoon prepared mustard, 2 teaspoons lemon juice, and 2 tablespoons finely chopped Major Grey's chutney. Add 3½ cups cold cooked chicken (cut into about ½-inch chunks), ⅔ cup thinly sliced celery, 2 thinly

Laura likes *her sandwich open-faced. Tom likes his big and full. Any way you eat them they're delicious*

One way to go: *fill plate with sampling of salad-sandwich fillings to eat with ham on bread*

sliced green onions (tops included), and 1 small apple (diced); stir to blend. Cover and chill if made ahead. Just before serving sprinkle top with 3 tablespoons toasted sliced almonds. Makes 4½ cups.

Tuna Salad. Stir together 1 cup tomato-based chile sauce, ¼ cup lemon juice, 2 cloves garlic (minced or mashed), 1 teaspoon basil leaves, and 2 teaspoons prepared horseradish. Add 1 small onion (chopped) and ½ cup whole pitted ripe olives. Cover and chill if made ahead. Just before serving add 2 cans (about 7 oz. *each*) solid light tuna (including oil) and mix gently together just until tuna chunks are lightly coated with sauce. Garnish top with several *peperoncini* (Italian pickled peppers), if desired. Makes 4 cups.

Marinated Mushroom Salad. Wash and trim ends from 1¼ pounds small mushrooms (or quarter medium-sized mushrooms). Place in boiling salted water to cover and simmer, uncovered, 5 minutes. Drain and let cool.

Mix together 6 tablespoons olive oil, 2 tablespoons lemon juice, 1 clove garlic (mashed), ½ teaspoon *each* crushed whole black pepper, whole coriander seed, whole mustard seed, and salt. Add the mushrooms, 1 small onion (finely chopped), and ½ cup chopped parsley; stir to blend. Cover and chill, stirring occasionally, for at least 2 hours. Serve in marinade. Makes 3½ cups.

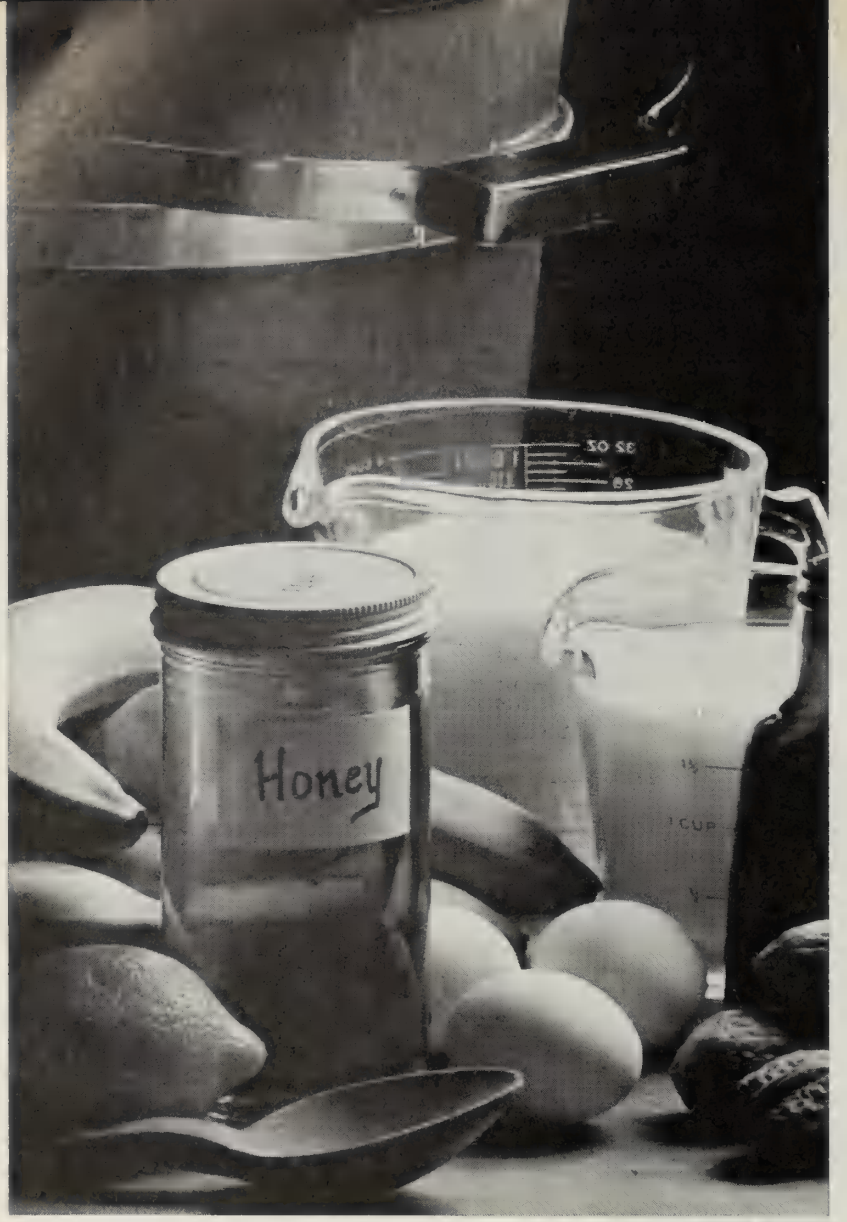
Celery Root Salad. Combine 6 tablespoons olive oil, 3 tablespoons white wine vinegar, 1 teaspoon *each* salt, sugar, and caraway seed, and 1 clove garlic (minced or mashed).

Cut off tops from 1¼ pounds (about 2 medium-sized) celery root (or 4 medium-sized turnips) and peel. Wash well. Cut in thin matchstick-sized pieces (you should have about 3½ cups). Stir into oil mixture. Cover and chill, stirring occasionally, for at least 2 hours.

Just before serving pour salad through a strainer or colander to drain off excess marinade. Mix celery root with ¼ cup mayonnaise. Makes 3 cups.

Ratatouille Salad. In a large frying pan sauté 1 medium-sized onion (finely chopped) and 1 clove garlic (minced or mashed) in 3 tablespoons olive oil until limp. Add 1 small (about ¾ lb.) eggplant (cut in 1-inch cubes), 1 medium-sized zucchini (cut in ½-inch-thick slices), 1 medium-sized green pepper (cut in ¼-inch strips), ¼ cup chopped parsley, 1 can (1 lb.) Italian pear-shaped tomatoes (including liquid), 1 teaspoon *each* dried basil leaves and salt. Break tomatoes into small pieces with a spoon.

Cover and simmer, stirring occasionally, until all vegetables are tender, about 25 minutes. Cook, uncovered, stirring occasionally, over high heat until most of the liquid has evaporated. Cool, cover, and chill if made ahead. Serve with about ¼ cup grated Parmesan cheese to sprinkle over individual servings. Makes 4 cups.



DARROW M. WATT

Wholesome *ingredients go into the rich and creamy banana, honey, and nut ice cream*

The great things honey does for ice cream

Honey sweetens and lightly flavors these four rich homemade ice creams.

We offer a basic vanilla-honey ice cream and three variations: date-nut, banana, and carob. Look for unsweetened carob powder in health or natural food stores. It looks like cocoa and is often sold as a chocolate substitute, but has its own distinctive flavor; it's maltlike and also rather fruity.

Vanilla-Honey Ice Cream

- 1 cup honey
- 3 cups half-and-half (light cream)
- 3 eggs
- 2 tablespoons vanilla
- Dash of salt
- 3 cups whipping cream

In a large bowl stir together the honey and 1½ cups of the half-and-half until well blended. With a rotary beater, beat in remaining 1½ cups of half-and-half, the eggs, vanilla, and salt. Then stir in whipping cream.

To prepare in an ice cream freezer, pour honey mixture into a 4-quart or larger freezer can (no more than ⅔ full); cover and refrigerate until well chilled. Assemble the freezer with ice and salt according to manufacturer's directions using a ratio of about 3 parts ice to 1 part salt; in all you will need about 10 pounds of finely crushed ice and about 3 pounds rock (ice cream) salt. When hand cranking becomes difficult or the electric motor stalls, remove the dasher attachment.

Cover tightly and freeze until solid. (Or return to ice cream freezer and pack with fresh ice according to manufacturer's directions; let sit 1 to 2 hours. Makes about 3 quarts.

To make in a home freezer (one at 0° or below), pour ice cream mixture into a metal pan or freezer trays; cover and freeze. In about 1½ hours or when a 2-inch border has frozen, transfer to a cold bowl and beat with an electric mixer or rotary beater until fluffy. Cover and freeze until solid.

Date-Nut Honey Ice Cream

Follow recipe for Vanilla-Honey Ice Cream. After ice cream has been cranked or beaten, fold in 1½ cups *each* chopped toasted almonds and chopped pitted dates. Cover and freeze. Makes about 3½ quarts.

Banana-Honey Ice Cream

Follow recipe for Vanilla-Honey Ice Cream, but use only 1 tablespoon vanilla and 2 cups whipping cream. Along with the whipping cream, add 4 large, ripe mashed bananas (about 2 cups) and 2 tablespoons lemon juice. Cover, chill, and freeze as directed. If desired, fold 2 cups chopped walnuts into mixture after it has been cranked or beaten. Cover and freeze. Makes 3 to 3½ quarts.

Carob-Honey Ice Cream

Follow recipe for Vanilla-Honey Ice Cream, but add 1 cup unsweetened carob powder with the honey and first 1½ cups of half-and-half; stir until most of the carob is dissolved. Then add remaining ingredients, cover, chill, and freeze as directed. If desired, fold 2 cups chopped toasted almonds into mixture after cranked or beaten. Cover and freeze. Makes 3 to 3½ quarts. □

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Yukon Territory: home of the Klondike.

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You can still see some of the old-time River-boats at Whitehorse. You can journey into the past on a motor launch trip through Miles Canyon. Or you can rent canoes and camping outfits and follow those early adventurers downriver to Dawson City. It will take you about ten days.

Dawson City: the Gold Rush town.

Dawson City was the end of the trail for almost 100,000 gold-hungry men back at the turn of the century. Whether you follow their river route from Whitehorse or fly there direct, it will fill you with a deep sense of history. Because so much of it is still the way it was.

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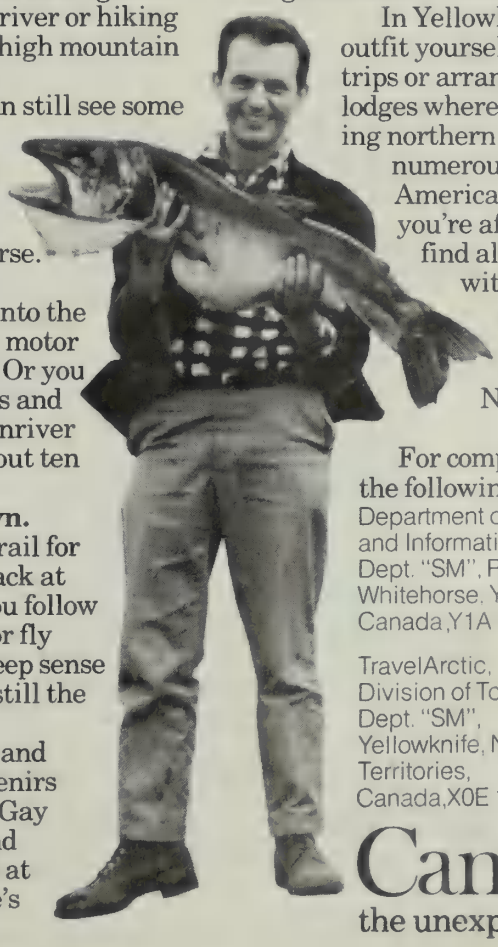

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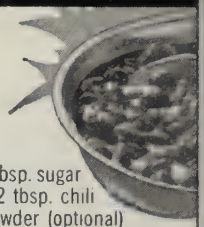

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2 pkgs. Bird Farm Hot Sausage
1 c. chopped onions
1 c. uncooked elbow macaroni
1 lb. can tomatoes
2 tbsp. sugar
2 tbsp. chili powder (optional)
8 oz. sour cream

Brown crumbled sausage with onion in frying pan. Add macaroni; cook 2 to 3 min. Drain. Add remaining ingredients; heat to boil. Cover, simmer 20 min. or 'til done. Serves 6.

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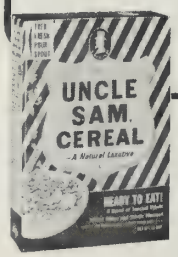

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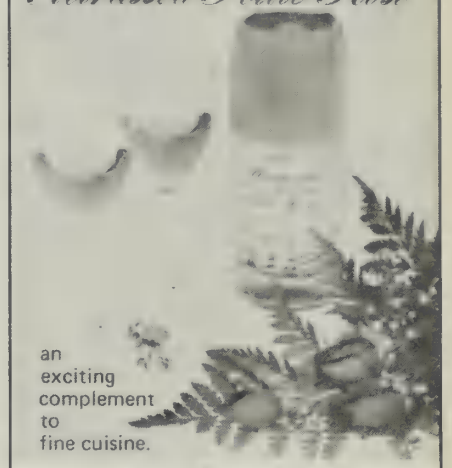

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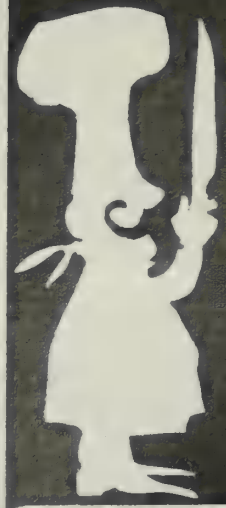

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The omelet for lunch? It's called Chinese hat

DARROW M. WATT

Omelet slips *from pan to drape over mound of pork filling*

A cone shape gives this Chinese egg entrée its whimsical name, Chinese hat. You mound a spicy pork and vegetable mixture on a serving plate, then slip a softly cooked omelet on top to drape over the sides.

It is typically served with thin Mandarin pancakes, but our Western version substitutes flour tortillas. You spoon the omelet and filling onto a tortilla, then roll it up.

Some unusual ingredients give texture to the pork filling. Oriental dried mushrooms, the dried buds of the tiger lily plant (also called golden lily buds), and oyster sauce are all available in Oriental grocery stores.

Producing the Chinese hat does take some management, so be sure to have all the ingredients ready and close at hand before you start to cook.

Chinese Hat

- 5 Oriental dried mushrooms
- ⅓ cup dried tiger lily buds (optional)
- Warm water
- About 1 dozen flour tortillas
- 1 tablespoon cornstarch
- ½ cup regular-strength chicken broth
- 2 tablespoons *each* oyster sauce and Sherry
- 1 tablespoon white wine vinegar
- 6 eggs
- 2 tablespoons water
- ¾ pound ground pork
- 1 onion, chopped
- 1 clove garlic, minced
- ¼ pound fresh bean sprouts, rinsed
- ¼ teaspoon crushed red pepper (optional)
- 3 tablespoons chopped fresh coriander (also called Chinese parsley) or regular parsley
- 2 tablespoons butter or margarine

In a bowl, soak dried mushrooms and lily buds, if used, in warm water to cover for 20 minutes. Drain, then cut out and discard stems from mushrooms. Cut mushrooms into thin strips; cut lily buds in half. Set both vegetables aside.

Wrap tortillas in foil, then heat in a 350° oven for 20 minutes.

In a cup blend the cornstarch and broth, then stir in the oyster sauce, Sherry, and vinegar. In a bowl, lightly beat the eggs with the water just until blended. Set both mixtures aside.

Crumble the pork into a 10-inch frying pan; cook over medium high heat, stirring, until browned. With a slotted spoon, remove pork and set aside. Add the onion and garlic to the pan drippings and cook, stirring, over medium heat until onion is limp, about 2 minutes. Add mushrooms, lily buds, and bean sprouts to the pan and cook, stirring for 1 minute. Return pork to the pan and sprinkle with the pepper, if used. Blend the broth mixture again, and stir into the pan; cook, stirring, until mixture boils and thickens.

Remove pan from heat and mound meat mixture into a cone shape on a serving plate. Sprinkle with coriander and keep warm while cooking the omelet.

Use an omelet pan about 9½ to 10½ inches in diameter or rinse the frying pan used above (it should be fairly heavy with gently sloping sides for best results). In the pan, melt the butter over medium high heat. As soon as the foam begins to subside, pour in egg mixture all at once. As egg sets, push cooked portion to the center, allowing liquid egg to flow underneath. When egg is set but surface is still moist and shiny, use a thin-bladed spatula to nudge omelet (without folding it) toward edge of the pan. Slip omelet out of pan onto mounded meat mixture. Accompany with hot flour tortillas.

Spoon egg and meat onto a tortilla, then roll up to eat out of hand. Makes 4 to 6 servings. □

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Fourteen guests *cook on four grills at bul gogi barbecue late one afternoon. Dock on Lake Washington near Seattle provides the setting*

DOUG WILSON

Lift strips *of beef from marinade and lay on the grill, a few at a time. The thinly sliced meat cooks quickly over the hot coals*

DARROW M. WATT

Mix *grilled bul gogi with rice in bowl, adding tiny fish and pickled vegetables as desired*

They are barbecuing *bull-go-gee.* It's a Korean favorite

In Korea, one of the most popular meals centers around a small charcoal grill where each person cooks thin slices of marinated beef called *bul gogi* (pronounced bull-go-gee).

Freely translated, bul gogi means fired or barbecued meat. And while it's a simple dish, Koreans generally reserve bul gogi for special occasions.

A bul gogi barbecue dinner is an easy summer party to stage and gets everyone involved in cooking on a communal grill. The grilled strips of marinated meat are placed in individual bowls of hot cooked rice, topped with several purchased Korean-style condiments, and eaten a bite at a time.

To serve, place the hibachi on the patio or deck and provide pillows for your guests to sit on. Or serve the meal on a picnic table. For every four to six guests you will need one hibachi or other portable barbecue of similar size.

Korean barbecue

Oriental Appetizer Tray
Bul Gogi
Cabbage Kim Chee **Cucumber Kim Chee**
Dried Fish **Soy Sauce**
Toasted Dried Seaweed **Steamed Rice**
Hot Tea or Cold Beer

The amounts given here are enough for 4 to 6 guests using 1 hibachi. For larger groups, simply double or triple the ingredients accordingly.

You will need to shop in an Oriental market or well-stocked supermarket for the appetizers, kim chee, dried fish, seaweed, and sesame oil.

Select 3 or 4 of the following prepared appetizers, allowing about 3 or 4 bite-sized portions of each for a serving:

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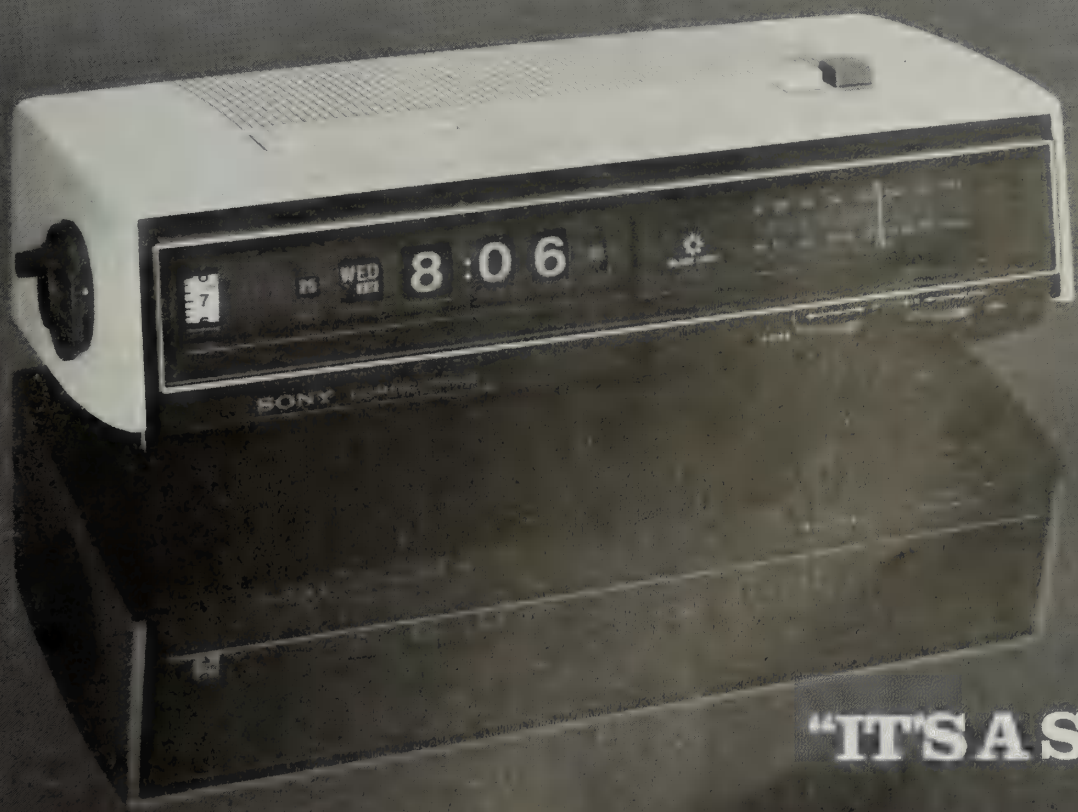

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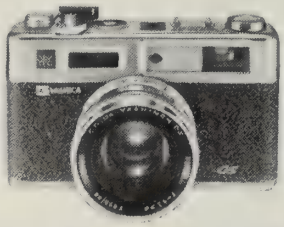

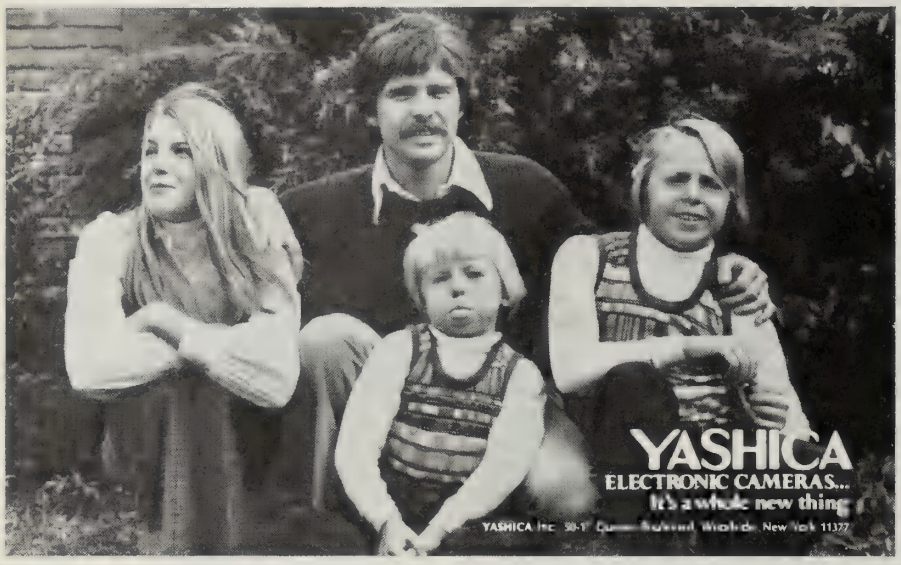

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canned tiny smoked oysters or clan thinly sliced smoked salmon, packag rice crackers in a variety of shapes a seasonings, packaged salted fried gre peas or beans. Arrange on a tray.

Also purchase 1 jar *each* (about 12-(size) cabbage kim chee and cucumb kim chee (often found in the refrigerat section). Look for the tiny whole fi packaged in cellophane bags of vario sizes; allow about ¼ cup for each ser ing. Select dried seaweed sold in wi sheets and allow about ¼ ounce f each serving.

Serve rice throughout the meal, keepi it warm in an electric rice cooker or in covered dish on an electric warmi tray. Allow 1 to 2 cups of hot cook rice for each serving. Provide each gue with a bowl or salad plate for rice, a s of chopsticks or a fork, a napkin, and cup or glass for tea or beer. Also set o several pairs of tongs if guests prefer use them when cooking.

Bul Gogi and Condiments

Cut 1½ to 2 pounds lean boneless be such as sirloin or flank steak across th grain in long thin slanting slices. If d sired, the meat can be partially froze for easy slicing. Cover and chill slice meat as long as overnight.

About 1 hour before serving, stir to gether ¼ cup sugar, 6 tablespoons so sauce, 2 tablespoons sesame oil, das pepper, 1 chopped green onion (inclu ing top), and 1 clove garlic (minced c mashed). Combine marinade with mea in an attractive serving bowl.

Drain kim chee (cut cucumber kim che into serving-size pieces) and place in sep arate bowls. Place dried fish in a bow Cut seaweed into 4-inch squares an stack on a plate or arrange in a basket.

Ignite briquets in hibachi and cook th rice as package directs. Shortly befor serving, arrange containers of meat an accompaniments around hibachi.

To cook, have guests use chopsticks o tongs to lay strips of meat, a few at time, on grill about 4 to 6 inches abov a solid bed of glowing coals. Grill mea turning once, until it loses its pink color

As meat is cooking, also toast the sea weed: lay individual sheets on gril briefly, just until seaweed begins to cur and give off a toasty aroma.

Transfer meat from grill with chopstick or tongs onto the hot cooked rice in in dividual bowls and crumble toasted sea weed over it. Top rice and meat wit pieces of kim chee and a few dried fish and sprinkle with soy sauce as desired mixing the food in bowls to eat.

You can also use the sheets of toaste seaweed to hold soy-seasoned rice. Spoon the rice onto the seaweed, sprinkle with soy sauce, fold to enclose, and eat out-of-hand. Serves 4 to 6. □

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Look for the "WE CARE" Consumer Information Center

DARROW M. WATT

Sprinkle *shredded cheese over sliced potatoes and green onions; add hot milk and bake*

Swiss potatoes cook in layers . . . are really French

Thinly sliced potatoes baked in shallow oval dishes are popular throughout the mountain areas of eastern France—the regions known as Savoy and Dauphiné.

Richly flavored with Swiss cheese, such dishes (called *gratins*) can easily be duplicated at home, and tucked into the same oven with a chicken or roast to please family or guests—and the energy-wise cook.

In the Dauphiné version, which we give first, milk or cream is the liquid used, giving the dish a custardy quality. In the Savoy version, beef broth supplies a more robust flavor.

For both dishes select firm, smooth-skinned red or white new potatoes. Scrub them well, or peel if desired, before slicing paper thin.

Swiss Potatoes *(Gratin Dauphinois)*

- 1 clove garlic, peeled and halved
- About 2½ tablespoons butter or margarine
- 3 tablespoons lemon juice
- 1 cup water
- 5 medium-sized new potatoes
- Salt, pepper, and ground nutmeg
- ¾ cup thinly sliced green onions
- 2 cups shredded Swiss cheese
- 1½ cups milk or light cream
- 1 egg yolk, slightly beaten

Rub a shallow 2-quart baking dish liberally with garlic, then generously grease with about ½ tablespoon of the butter.

In a bowl combine the lemon juice and water. Peel the potatoes, if desired, and cut into very thin slices; place in the lemon water until all are sliced.

Drain potatoes well and arrange about ¼ of the slices in an even layer in the prepared dish; sprinkle lightly with salt, pepper, and nutmeg, then top with about ¼ of the onions and of the cheese. Repeat layers, ending with cheese. Scald milk; pour slowly into egg yolk beating constantly until blended; then slowly pour over and around the potatoes. Dot top with the remaining butter. Bake, uncovered, in a 350° oven for about 1½ hours, or until potatoes are tender when pierced. Makes 6 to 8 servings.

Savoy-style Swiss Potatoes
(Gratin Savoyard)

Prepare Swiss potatoes as directed, layering the potato slices with the onions and cheese. Omit milk and egg and substitute 1½ cups hot regular-strength beef broth; bake as directed. □

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DARROW M. WATT

Thin pancakes *pinch-hit for pasta in this ricotta-spinach manicotti*

Instead of stuffing noodles, use crêpes as a wrap

Many pasta dishes can be simplified by using tender crêpes instead of oversize noodles to enclose savory fillings. Manicotti is one. By using crêpes, you avoid the time-consuming process of stuffing slippery tubular noodles.

You can freeze these manicotti, then bake—without thawing—as many as you need. To freeze, place seam-side down, slightly apart, on greased baking sheets. Freeze uncovered; then package airtight.

Ricotta-Spinach Manicotti

For the crêpes, lightly beat 3 eggs, then mix in smoothly ⅔ cup unsifted all-purpose flour. Thoroughly blend in 1 cup milk. For each crêpe, melt ¼ teaspoon butter or margarine in a 6-inch crêpe pan over medium heat and swirl to coat surface. At once, pour in 2 tablespoons batter, quickly tilting pan so batter flows over entire flat bottom.

Cook until surface appears dry and edge is lightly browned. With a spatula turn and brown other side. Turn out of pan onto a plate. Repeat for each crêpe, stacking them; makes 14 to 16 crêpes.

For the filling, sauté 1 large onion (chopped) and 1 clove garlic (minced or mashed) in 1 tablespoon salad oil until onion is limp; remove from heat. Squeeze all liquid from 2 packages (10 oz. *each*) thawed frozen spinach; add spinach to onion mixture. Mix in 2 cups (1 lb.) ricotta, 3 eggs, ½ teaspoon *each* salt and ground nutmeg, ¼ teaspoon pepper, 1 teaspoon lemon juice, ½ cup grated Parmesan cheese, and 1½ cups shredded jack cheese. Divide filling among the 14 to 16 crêpes, spooning it down center of each; roll to enclose. Freeze if desired.

To bake and serve, arrange desired number of fresh or frozen manicotti in a shallow casserole or individual ramekins; cover with foil. Bake in a 375° oven for about 20 minutes (35 to 40 if frozen) or until hot throughout. Remove cover and sprinkle with shredded jack cheese (use 1 tablespoon for each) and bake 5 minutes longer or until cheese melts. Makes 6 to 8 servings.—*A. D. B., San Clemente.*

Cheese and Ham Manicotti

Prepare crêpes as directed for first recipe. For the filling, melt 3 tablespoons butter or margarine in a saucepan. Stir in 3 tablespoons all-purpose flour and cook, stirring, until slightly browned. Remove from heat and, stirring constantly, slowly pour in ⅔ cup milk. Return to heat and cook, stirring, until very thick. Add 1 pound diced fontina cheese and ⅓ pound diced teleme cheese. Cook, stirring, until cheeses are smoothly melted.

Remove from heat; stir in ½ cup grated Parmesan cheese and ¼ cup chopped parsley. Arrange 1 thin slice cooked ham on each crêpe (you'll need about ½ lb. ham). Divide filling among crêpes; fill and roll as directed.

Bake fresh or frozen manicotti, covered, in a 375° oven for 12 minutes (25 to 30 if frozen) or until hot throughout. Remove cover and bake 5 minutes longer or until ends of crêpes are crisp.—*M. H., Tustin, Calif.* □

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PETER O. WHITE

Thick *French toast—of leftover bread—goes from freezer to oven to table*

Leftover bread? Freeze French toast

A thrifty way to use up those ha loaves of day-old French bread th have lost their fresh flavor is to mak crusty French toast for the freezer.

You dip thick slices of leftover bread i an eggy, nutmeg-spiced batter and freez them. Then you simply bake as man slices as you want—without thawing. It especially convenient when family men bers wake up at different times and nee to prepare their own breakfast.

Freezer French Toast

- 4 eggs
- 1 cup milk
- 2 tablespoons sugar
- 1 teaspoon vanilla
- ¼ teaspoon ground nutmeg
- 8 slices day-old French bread, cut ¾ inch thick
- Melted butter or margarine
- Powdered sugar

Beat together the eggs, milk, sugar, va nilla, and nutmeg. Place bread slices o a rimmed baking sheet. Pour egg mix ture over bread and let stand a few min utes. Turn slices over and let stand unti all egg mixture is absorbed. Freeze, un covered, until firm; transfer to a plastic bag and return to freezer.

To serve, place desired number of frozer slices on a greased rimmed baking sheet Brush each with melted butter or margarine. Bake in a 500° oven (or portable toaster-oven) for 8 minutes. Turn slices over, brush with melted butter, and bake 10 minutes longer or until nicely browned on both sides. Serve with powdered sugar, honey, or syrup as desired. Makes 4 servings. □

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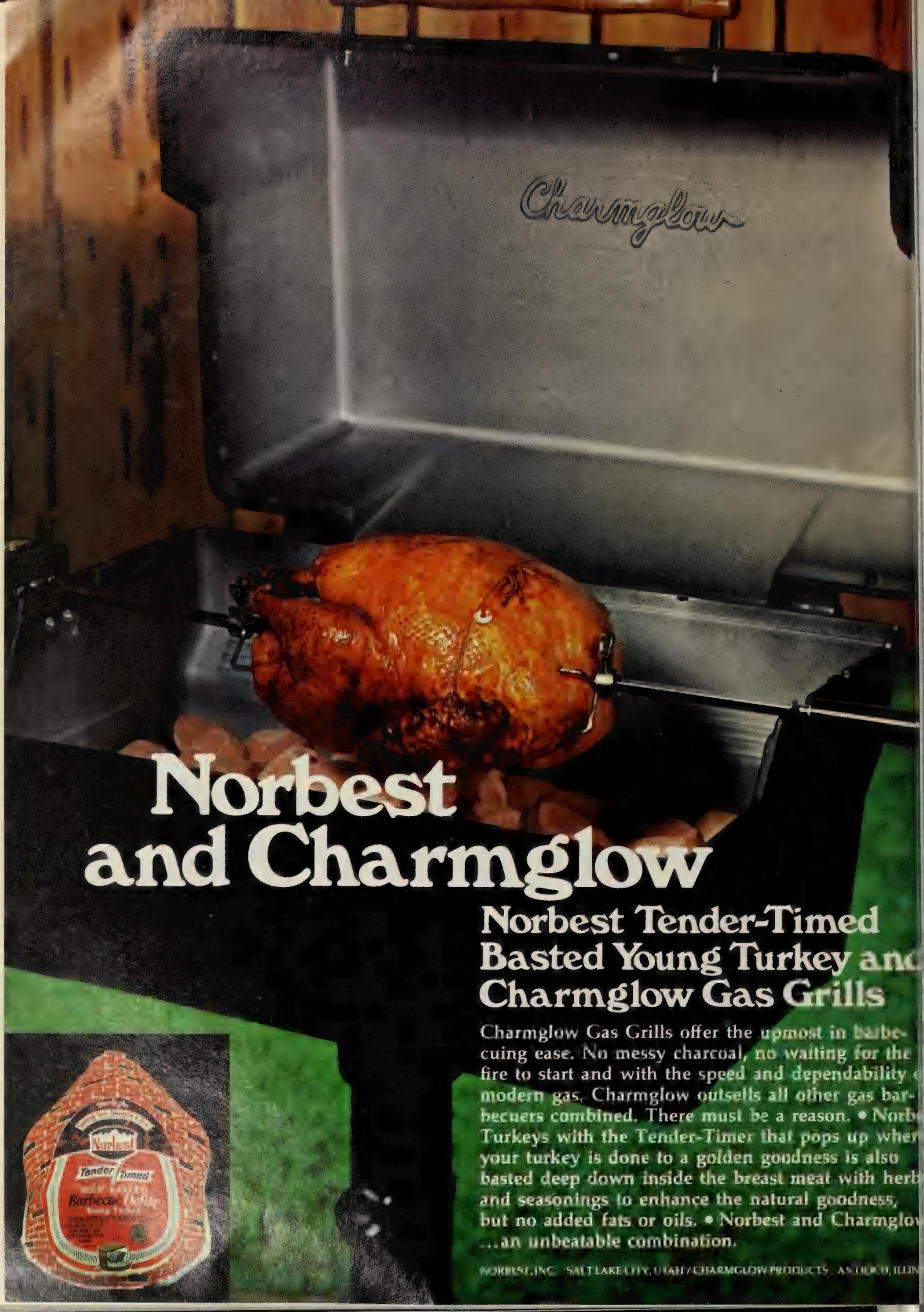

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Piedmont peppers? The Piedmontese start by slicing up a few empty shells

here are people who use the phrase "an mpty shell" condescendingly, to mean omething that is showy, but without ubstance. They are thinking, no doubt, f oysters.

ike so many ready-made phrases, this ne is foolish. The Graf Zeppelin was n empty shell. Footballs and other foci f the sports cult are empty shells. Archiecture is the advanced study of empty hells. And among foods, consider the popover—consider the pepper.

Guy P. Fones considers the pepper, and here works up a version of it that comes riginally from the Piedmont, that part f northern Italy which contains Turin, and where so often the people are blond. It seems that the Piedmontese slice up a few empty shells and sauté them with herbs and spices. Mr. Fones serves up the result with broiled meat.

Piedmont Peppers

- ¼ cup salad oil
- ¼ teaspoon *each* rosemary, thyme, and oregano leaves
- ⅛ teaspoon ground cinnamon
- ⅛ teaspoon ground cloves
- ¼ teaspoon ground nutmeg
- 6 green peppers, seeded and cut in 1-inch-wide strips
- Salt and pepper

Heat the oil in a large frying pan over low heat. Stir in the rosemary, thyme, oregano, cinnamon, cloves, and nutmeg; then add the peppers and cook, uncovered, stirring often until peppers are limp, about 30 minutes. Season to taste with salt and pepper and serve. Makes about 6 servings.

Guy P. Fones
Bakersfield, Calif.

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For some reason no one will let the soybean alone. People ferment it, make sauce of it, turn it into something that looks like bacon or hamburger, or convert it into a cheesy curd. Why not just leave it as it is, beanlike and proud? Clem Henriksen does just that. He does

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it the company of some rice, some and some onion. You'll see as you on:

Plain Soybeans

3 tablespoons butter or margarine
2 cups cooked brown rice
About 1½ cups cooked soybeans (instructions follow)
½ cup cooking liquid from beans or water
4 hard-cooked eggs, sliced
½ cup thinly sliced green onions
Salt, pepper, and garlic salt
Lime or lemon wedges

butter in a large frying pan over ium heat; stir in the cooked rice and ś until lightly browned. Add cooked s and bean liquid, and blend. Stir e-fourths of the eggs and onions into bean mixture; add salt, pepper, and c salt to taste and heat through. on mixture into a serving bowl and ter remaining egg and onions over as garnish. Pass lime or lemon to eze over. Makes 4 to 6 servings.

cook soybeans. Rinse ½ cup soy- ns; put them into a bowl and add 1½ s water. Cover and soak 6 to 8 hours overnight. Pour soaking liquid ugh a wire strainer into a saucepan pick through beans, discarding any se, fibrous skins. Add beans to pan add more water if needed to cover ns. Cover and simmer for 3 to 3½ rs or until beans are tender to bite. d more water during cooking, if neces- y to prevent sticking. Makes about cups cooked beans.

Clem Henrikson
Ojai, Calif.

e Rock Cornish Game Hen is a sort bantam chicken promoted by that y funny Dane, Victor Borge. The ck' part refers to Plymouth Rock, but t is also how one finds them—rock d in the market freezer. They are pensive. But then so is everything else. ny other things have caught up with se company-dinner birds and left m coughing in a cloud of changing ice stickers. Kurtis J. Lile gives us an ange glaze for the birds.

azed RCG Hens

2 Rock Cornish game hens (about 20 to 24 oz. *each*)
Salt and pepper
2 tablespoons butter or margarine
⅓ cup orange juice
2 teaspoons dill weed
1 tablespoon orange marmalade
1 whole orange, thinly sliced

aw game hens according to package rections. Remove giblets (set aside for her uses). Wash hens well and pat dry. sing poultry shears or heavy kitchen issors, cut game hens in half length- ise. Sprinkle all sides with salt and pper and arrange game hens in a ghtly greased broiler pan (about 11 by

"Wash the game hens well and pat dry"

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dear daddy.
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14 inches) with the skin sides down.

Meanwhile melt butter in a small sau pan over medium heat; stir in the ora juice and dill weed; cook, stirring, u well blended. Brush butter mixture c game hen halves and roast in a 3 oven for 30 minutes. Turn over the ga hens, add marmalade to butter mixt and brush generously over the skin. C tinue to roast, basting often, until joint moves easily, 15 to 20 min longer. Arrange hens on a platter; nish with orange slices. Serves 4.

San Jose, Calif

"I yam what I yam," said Popeye, to great discouragement of Welling Wimpy who somehow felt he should c rect the sailor man. What Popeye was a heroic appreciator of can spinach. Wimpy preferred hamburger a dime apiece. Even at that price cadged more than he bought.

In memory of Popeye's youth, Willi A. Bryant here stirs up an enchilada w spinach, hamburger, and olives (so as to leave out Miss Oyl). It's a wh nostalgic meal.

Sailorman Enchiladas

- 1½ teaspoons salt
- 2 pounds lean ground beef
- 1 large onion, chopped
- 1 package (10 or 12 oz.) frozen chopped spinach, thawed
- 1 teaspoon oregano leaves
- ¼ teaspoon pepper
- ½ cup grated Parmesan cheese
- 2 cans (10¾ oz. *each*) condensed tomato soup
- 1 can (10 oz.) enchilada sauce
- 1 dozen corn tortillas
- 1 can (6 oz.) pitted ripe olives, drained
- 2 cups shredded jack cheese

Heat the salt in a large frying pan o medium heat; add the beef and co until crumbly. Discard all but 2 tab spoons of the drippings, then add onion, spinach, oregano, pepper, a Parmesan cheese; cover and cook u spinach is hot through.

Meanwhile combine the tomato so and enchilada sauce in a saucepan; si mer over low heat, uncovered, for minutes to blend flavors. Dip each t tilla in the hot sauce until limp, lay o plate, and spoon about ½ cup of t meat mixture down the center. Top wi 3 or 4 of the olives, roll, and arran seam-side-down in a shallow 3-qu baking dish; repeat until all are fille Pour the remaining sauce evenly o top. Bake uncovered in a 350° oven f 30 minutes or until sauce is bubb Sprinkle jack cheese evenly over to bake 5 minutes or until cheese is melte Makes 6 servings, 2 enchiladas *each*.

Chico, Calif.

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NORMAN A. PLATE

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Cheesecake cuts into squares

This creamy cheesecake, with a touch of orange flavor in the filling, tops a chocolate-nut cooky base. Baked in a square pan, it cuts neatly into 25 pieces —each a small but satisfying serving of this rich dessert.

Chocolate Cheesecake Squares

Line the bottom and 2 sides of a 9-inch square baking pan with a strip of foil that overlaps sides. Grease foil and pan sides. In a bowl, combine 1 cup all-purpose flour (unsifted), ½ cup sugar, 3 tablespoons cocoa, 1 teaspoon baking powder, and ¼ teaspoon salt. Cut in ½ cup (¼ lb.) soft butter or margarine until fine crumbs are formed. Separate 1 egg and add yolk to flour mixture (save white for filling). Also add 1 teaspoon vanilla and ½ cup finely chopped walnuts; mix well. Turn into the baking pan and press firmly over pan botto Bake in a 325° oven for 15 minutes.

Meanwhile combine in a large mi bowl 1 large package (8 oz.) cre cheese, ⅓ cup sugar, ½ cup sour crea 1 tablespoon flour, ¼ teaspoon salt, teaspoons grated orange peel, ½ te spoon vanilla, 1 egg, and the reserv egg white. Beat until well blended.

Remove pan from oven and pour in fi ing; bake for 20 to 25 minutes longe or until set. Cool in pan for about hour, then garnish top with chocola curls (made by scraping a room-tempe ature bar of semisweet chocolate with vegetable peeler) or prepared chocola sprinkles. Cover and chill well.

To serve, lift out of pan and cut in squares about 1¾ inches on a sid Makes 25 squares.—*H. S., San Jose.*

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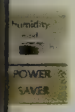

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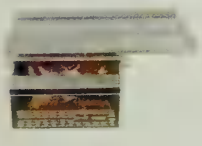

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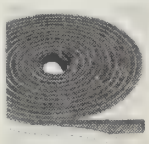

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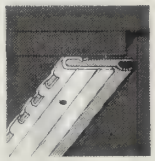

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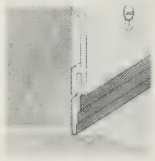

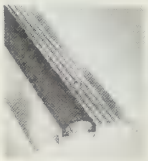

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making things better for you

It's a meringue mountain with nuts on top, strawberries below

Wrapped in a snowy blanket of meringue, Little Mountain Cake is a good dessert to consider when other recipes you're making call for just the egg yolks and leave you with extra whites. For the cake and its glistening meringue frosting, you need 6 whites.

You make the cake somewhat like an angel food cake, whipping egg whites and sugar into a stiff mixture before folding in the dry ingredients. The cake achieves its pound-cake texture, buttery flavor, and sponge-cake bounce only when you fold in melted butter at the end of mixing.

The cake is small in scale, designed to serve 4 to 6. Make it early on the day you plan to serve. You should not plan to hold it more than about 24 hours or the meringue frosting will begin to deteriorate.

Little Mountain Cake

- ¾ cup egg white (about 6 whites)
- 1 cup sugar
- ¼ teaspoon salt
- ½ teaspoon vanilla
- 1 teaspoon grated orange peel
- ½ teaspoon baking powder
- ½ cup regular all-purpose flour (unsifted)
- ¼ cup (⅛ lb.) butter or margarine, melted and cooled
- 2 tablespoons lightly toasted pine nuts or slivered almonds
- Powdered sugar

Measure ½ cup of the egg whites (about 4 whites) into the large bowl of an electric mixer. With mixer at highest spe beat whites until frothy, then gradua beat in ½ cup of the sugar, one tab spoon at a time, until mixture will sta in stiff but not dry peaks. Beat in salt, vanilla, and orange peel.

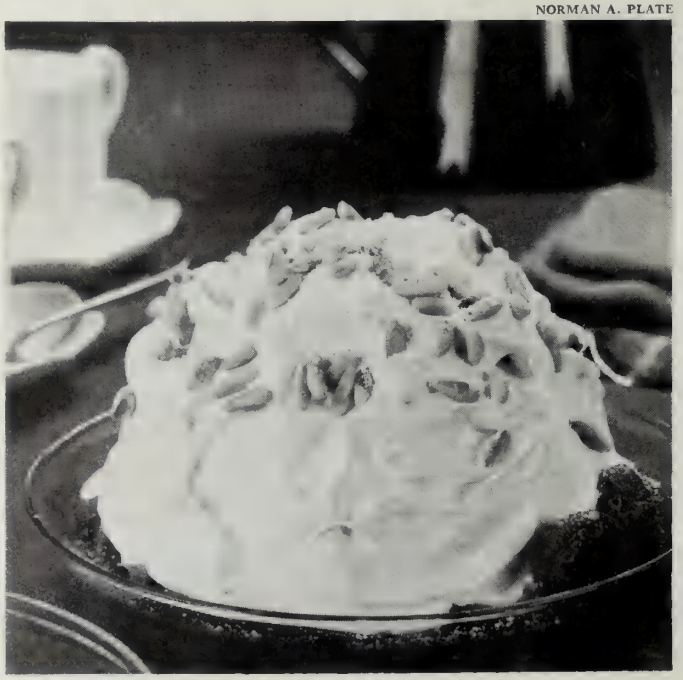
Stir together the baking powder a flour until blended, then sift mixt over beaten whites; fold until smoot blended. Fold in the butter until blend Pour batter into a lightly buttered cup dome-shaped mold or a small me bowl. Bake in a 350° oven for 30 m utes or until cake just begins to p away from the sides. Set pan on a ra to cool for about 10 minutes and re oven to 375°.

Meanwhile, beat remaining ¼ cup e whites (about 2 whites) in an elect mixer set at highest speed until froth Gradually beat in remaining ½ c sugar, adding about 1 tablespoon p minute until whites form very smoo stiff peaks. Turn cake out of pan a place on a slightly buttered cooky she

Decoratively frost cake with the m ringue and sprinkle with the toast nuts. Return cake to oven and bake f about 10 minutes or until peaks of m ringue just begin to brown very light Transfer to a serving plate and let co at room temperature.

Before serving Little Mountain Cak dust it with sifted powdered suga Makes 4 to 6 servings.

NORMAN A. PLATE



Nut-topped *mound of meringue covers buttery, orange-flavored cak Fresh strawberries garnish it*

ELEBRATE SALAD DAYS WITH CALIFORNIA AVOCADOS AND KRAFT FRENCH DRESSING!

low is the time to celebrate the goodness of the gar-
. The time to gather nature's bounty . . . and enjoy!
elebrate the California Avocado by filling it with
p young vegetables and dressing it with Kraft
nch Dressing. Kraft blends French Dressing with
tle imported spices. Just the right complement to a
ifornia Avocado's delicate, nutlike taste.

CALIFORNIA AVOCADO GAZPACHO SALAD

½ cup chopped green pepper
½ cup chopped cucumber
½ cup chopped tomato
2 tablespoons green onion slices
¼ cup Kraft French Dressing
4 California Avocado halves, peeled
Lettuce

Combine green pepper, cucumber, tomato, onion and dressing; mix lightly. Chill. Fill California Avocado halves with vegetable mixture. 4 servings.

ve food from California
California Avocado Advisory Board

KRAFT

Good 'n easy chicken

Marinate 2 pounds chicken thighs in ½ cup Kikkoman Teriyaki Sauce at least 2 hours. Remove and coat thoroughly with about ½ cup flour. Brown slowly in ¼ cup hot oil. Reduce heat, cover and cook 45 minutes, removing cover during final 10 minutes of cooking.

Pan-tastic Creations by KIKKOMAN

That wonderful smell is dinner—a choice of three flavorful easy-to-make main dishes. The secret is in the seasoning—the zesty zing which Kikkoman Teriyaki Sauce brings to food. Use as an ingredient, a marinade and baste—and as a marvelous meat sauce at the table.

Lambrosian chops

Brown 6 shoulder lamb chops. Combine ½ cup each Kikkoman Teriyaki Sauce, orange marmalade & vinegar; pour over chops. Cover & simmer ½ hour. Remove chops; thicken sauce with 2 tbsp. cornstarch mixed with ¼ cup water. Return chops; turn over to coat with sauce.

Best ever burgers

Thoroughly combine 2 pounds ground beef with ¼ cup Kikkoman Teriyaki Sauce and 3 tbsp. instant minced onion. Shape into 6 patties; brown and cook on both sides to desired doneness. Just before serving, brush patties with additional Teriyaki Sauce.

KIKKOMAN Teriyaki Sauce – *the flavor revelation!*

(By the makers of world-renowned Kikkoman Soy Sauce)

Cheese appetizers. easy to fix, and they'll keep

DARROW M. W

Ribbons *of garlic-flavored cheese filling and pumpernickel bread make attractive one-bite appetizers*

The busy host or hostess should app ciate these tasty cheese appetizers. three take only minutes to prepare a can be made up to five days ahead.

You may need to shop for the Gree style goat milk cheese called feta in specialty cheese store.

Pumpernickel Cheese Ribbons

For each four-layer ribbon loaf you w need 4 thin slices of Westphalian-st pumpernickel bread, each about 3 3½ inches. Beat together until smoo 1 small package (3 oz.) cream chee (at room temperature), 3 tablespoo grated Parmesan cheese, 1 small clo garlic (minced or mashed), 1 tablespoo chopped parsley, and dash salt and pe per. Spread each of three slices w about 2 tablespoons filling and spre remaining slice with butter.

Assemble loaf by stacking the chee spread slices on top of each other; t with remaining slice, buttered side dov Wrap airtight and chill. To serve, let lo warm to room temperature. Cut in abo ¼-inch-wide slices; then cut each sl in half to make 2 ribbon sandwiches. A range on trays and serve. Makes 24 28 small sandwiches.

Triple Cheese and Chive Spread

With an electric mixer, beat togeth until well blended 2 small packages

SPAM, the take-along meat.

Pan fry it for breakfast. Slice it cold for lunch. Or bake the whole loaf in foil for a hearty dinner. Each can packs ¾ pound of solid meat. No waste, no need for refrigeration. You don't even need a can opener. SPAM's the handiest meat in all outdoors!

Hormel
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SPAM is the registered trademark for a blend of chopped pork shoulder meat with ham meat added, only by Hormel.

The All-Colombian: probably the only coffee in the world that tastes as rich as its own fresh-roasted aroma.

S&W goes to the high slopes of the Colombian Andes to bring you the world's richest-tasting, most satisfying coffee.

Perhaps you have been drinking some without knowing it, because a few brands blend in a little Colombian coffee to perk up their flavor.

Why settle for only part of a good thing? Switch to a coffee that's all Colombian.

S&W 100% Colombian Coffee.

Just wait 'til you taste that aroma!

15 cents off on S&W: America's most popular 100% Colombian Coffee.

Mr. Grocer: For each coupon you accept as our authorized agent, we will pay you face value plus 8¢ for handling if you receive and handle it strictly in accordance with the above terms of this offer and if, on request, you present invoices showing purchases of sufficient stock to cover coupons presented for payment. Void where prohibited, taxed or restricted. Cash value 1/20 of 1¢. Send to S&W 100% Colombian Coffee, P.O. Box 1421, Clinton, Iowa 52732. Offer expires January 31, 1975.

STORE COUPON

oz. *each*) cream cheese, at room tem ature; ½ pound feta cheese, crumbl ounces Swiss cheese, shredded; 1 t spoon lemon juice; and 3 tablesp heavy cream. Stir in ¼ cup cho chives. Spoon into a ceramic pot or o container of about 2½-cup size; c and chill.

To serve, let cheese spread warm room temperature. Garnish with s of parsley and accompany with slice pumpernickel bread, melba toast rou or other plain crackers. Makes 2½ of spread.

Sesame Cheese Wafers

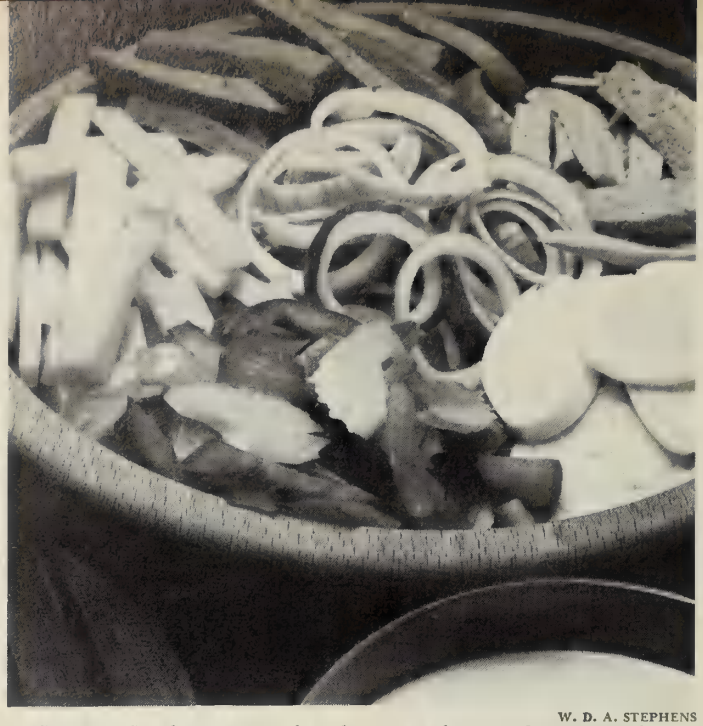
With an electric mixer, beat toge until smooth and creamy 1 jar (5 sharp pasteurized process cheese spr ¼ cup soft butter or margarine, an cup regular all-purpose flour (unsif Turn cheese mixture out onto a lightly floured board and shape in smooth log 12 inches long. Sprinkle board evenly with 3 tablespoons toa sesame seed; then roll the log in seeds, pressing slightly to embed seeds around the entire log. Wrap in waxed paper and chill until firm.

To serve, cut log into ¼-inch-t slices and place about 1 inch apart baking sheet. Bake in a 375° oven about 12 minutes or until wafers golden on the bottom (turn one ove check). Transfer wafers to a wire Serve warm or cooled. Makes abou dozen wafers.—*P. H., Portland.*

Sesame-coated *cheese log waits in refrigerator until you're ready to slice and bake it*

DARROW M.

Dŏle Fresh Pineapple. The Inside Story.
Imagine how surprised your family would be if you brightened up your next meal with the sweet Hawaiian flavor of Dole fresh pineapple. It's a snap to do.
To make that exotic looking hors d'oeuvre in the picture, for instance, simply cut the pineapple into quarters, trim off the core and separate the fruit from the shell. Then cut into bite size chunks and insert toothpicks.
And if you're worried about selecting a nice, ripe pineapple, that's a snap, too. Just look for the Dole label. Our pineapple is scientifically selected. Because we don't use guesswork when we pick them, you don't have to when you buy them.
Dole fresh pineapple: It's festive, delicious and easy to prepare. And that's the inside story on a real Hawaiian treat. Just remember...
If it says Dole, it's ripe and ready to eat.
Dŏle
PINEAPPLE
© Castle & Cooke, Inc.



W. D. A. STEPHENS

Supper salad *has strips of knackwurst and Swiss cheese, sliced eggs, crisp vegetables; mix with piquant mustard dressing before serving*

Just put some surprise in the salad

The German word for sausage is w (verst) and in Germany many varie are sold. Two popular German-s sausages, knackwurst and bratwurst widely available in Western markets.

One way Germans enjoy these big vorful sausages is in salads. We o three different wurst salad combinati here: cheese and wurst, sauerkraut wurst, and hot potato and wurst. companied with crusty rolls and a f dessert, each would make a comp luncheon or light supper.

If you are unable to find knackwurst bratwurst in your market or delicates you could substitute an equal weigh either regular or garlic frankfurters these salads.

Cheese and Wurst Salad

Place 4 large knackwurst (about lbs.) in a pan with enough water cover; bring to boiling, reduce heat, simmer 10 minutes. Remove saus from water and set aside to cool.

Remove casings, then slice wurst about ¼ pound well-aged natural Sw cheese into julienne strips about 3 inc long. Combine ½ cup *each* thinly sli celery, diced sweet pickles, and di green pepper. Arrange wurst, cheese,

THE 1/2 KILOWATT MEAL

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icrowave Oven
d Stay-Hot Oven

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Single Microwave Ovens

MTR24—Combination
Microwave Oven and
elf-Cleaning Oven

MTR30—Combination
Microwave Oven,
Self-Cleaning Oven and
Stay-Hot Oven

This delicious meal — sherried chicken breasts, fresh broccoli with hollandaise sauce, tomato supreme with spinach and melted cheese, heated dinner roll and peach brulée — required only ½ kilowatt of energy. The same meal cooked conventionally required 3.03 kilowatts. That's quite a saving!

There are times when it may be desirable to use a combination of microwave and conventional cooking. Thermador has the equipment for cooking either way — all in one appliance for step-saving convenience. The Stay-Hot Oven in the center keeps it all warm until you are ready to serve (MTR 30).

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NORRIS NI INDUSTRIES

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They're all refreshing. But look at the cost per eight fluid ounce serving. Wyler's Drink Mixes give your family the greatest economy by far. And a variety of great tasting flavors, too. Because our new 24-ounce can (which makes 8 full quarts!) comes in Lemonade, Grape, Cherry, Orangeade, Pink Lemonade, Raspberry and Strawberry—all with Vitamin C—and with a measuring scoop and resealable lid.

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MR. GROCER: Please give the bearer of this coupon 10¢ off the regular price of any can of Wyler's Drink Mix. For prompt payment, send this coupon to Wyler Foods, Borden, Inc., Box 1720, Clinton, Iowa 52732. For each coupon presented, you will be paid 10¢ plus 3¢ handling providing you and your customer have complied with the terms of this offer. Invoices proving your purchase of sufficient stock to cover coupons must be shown upon request. Only coupons presented by retail distributors of our merchandise will be honored and will become void when so presented. Consumer must pay any sales tax involved. Good only on Wyler's 24 or 45 oz. cans of Drink Mix. Any other use constitutes fraud. This offer void wherever taxed, restricted, prohibited or licensing is required, and is good in the United States only. Offer expires December 31, 19[illegible]. Cash value 1/20 of 1¢. Wyler Foods, Borden, Inc., Northbrook, Ill. 60062

Save 10¢
on Wyler's Soft Drinks at Soft Prices™ in the 24 oz. or 45 oz. can.

10¢ B0055-4 BORDEN 10¢

*Data based on average regional retail prices for the product sizes depicted.

celery mixture, 2 small mild onions (thinly sliced and separated into rings) and 2 sliced hard-cooked eggs in a salad bowl. Cover and chill if made ahead.

Also, prepare mustard dressing: Combine ½ cup *each* sour cream and mayonnaise, 3 tablespoons prepared German (or Dijon) mustard, and 1 tablespoon *each* prepared horseradish and vinegar; stir until blended.

Just before serving, mix dressing evenly into salad. Makes 4 to 6 servings.

Sauerkraut and Wurst Salad

- 3 large knackwurst (about 1 lb.)
- 2 medium-sized tart apples
- 3 tablespoons lemon juice
- 1 can (1 lb.) sauerkraut, rinsed and drained
- ½ cup diced dill pickles
- 1 small mild onion, chopped
- 1 tablespoon finely chopped fresh dill (or ¼ teaspoon dried dill weed)
- 1 teaspoon caraway seed
- ½ teaspoon salt
- 3 tablespoons *each* sugar and salad oil

Place the wurst in enough water to cover; bring to boiling, then reduce heat and simmer 10 minutes. Remove from water and set aside to cool.

Peel and dice the apples into a serving bowl; pour over the lemon juice and toss. Peel casings from wurst and slice into julienne strips; add wurst, sauerkraut, pickles, onions, dill, and caraway to the apples. Combine salt, sugar, and oil; mix into salad and chill up to several hours. Makes 4 servings.

Hot Potato and Wurst Salad

- 2½ pounds new potatoes (about 8 medium-sized)
- 2 tablespoons salad oil
- 2 large knackwurst (about 10 oz.), cut into slanting slices
- 2 large bratwurst (about 12 oz.), cut into slanting slices
- 2 medium-sized onions, finely chopped
- ½ cup diced celery
- 4 teaspoons *each* flour and sugar
- 1 teaspoon *each* salt, dry mustard, and celery seed
- ⅔ cup regular-strength chicken broth
- ⅓ cup white wine vinegar
- ¼ cup finely chopped parsley

Cook the potatoes in boiling water to cover until just tender; drain. When cool enough to handle, peel and dice potatoes; then set aside.

Heat 1 tablespoon of the oil in a large frying pan over medium heat; add the wurst and cook, stirring, until lightly browned; remove from pan with slotted spoon and set aside. Add remaining tablespoon oil and the onion to the pan and cook until onion is transparent. Add celery, flour, sugar, salt, mustard, and celery seed. Stir and cook until mixture is hot and bubbly. Gradually stir in the broth and vinegar; cook, stirring, until dressing boils and thickens.

Gently stir the potatoes, wurst, and parsley into the dressing and cook, stirring occasionally, until hot throughout. Serve immediately. Makes 6 servings.

One word is worth a thousand pictures.

Hormel's EXL ham is very special ham. So we label it in a special way. With a promise instead of a picture.

Every EXL ham you buy is guaranteed lean.

We take great pains to live up to our promise. Each ham is patiently boned and trimmed by hand into one lean, solid piece of meat. Then we cure it and cook it carefully to bring out the rich, full flavor.

EXL is the leanest ham we've ever sealed in a can, with just a minimum of fat for best flavor. Still, if you're not satisfied that it *is* extra lean, mail the Curemaster's Note inside the can to Hormel, Austin, Minn. We'll promptly refund every penny you've paid.

After all, we gave you our word.

Hormel
FINE FOOD PRODUCTS

DARROW M. WATT

Waiting is easier *for the eager audience when Dad offers a sample of steak he's carving. Then comes corn with a seasoned butter, French bread, and a crisp green salad*

JUNE MENUS

A feast for fathers on June 16, a brunch for graduates, a supper for the family

Quick and easy, our menus this month are in tune with some special family activities.

To honor Dad on June 16, we propose a grand outdoor feast that will delight all ages. It's barbecued steak and corn on the cob with an ice cream torte for dessert.

To celebrate a school graduation, or for a leisurely weekend get-together, our second menu is a quickly assembled pancake brunch you can serve with fresh fruits and sausage or bacon.

And to accommodate the cook who is short of time, there's a supper that can be ready to eat in just 30 minutes.

Father's Day barbecue

One thick steak that Dad can prc carve for six to eight people is the c of this weekend barbecue dinne spicy mustard butter seasons both meat and corn, and also becom spread for the French bread, if you

Grilled Steak
Corn on the Cob
Mustard Butter
Dad's Favorite Salad Classic
French Bread
Chocolate-Coffee Freezer Torte

You can make the torte days in adv and store it in the freezer. Then l stand at room temperature about minutes to soften slightly before ser Also prepare the mustard butter al so it will have time to mellow. Y need about 4 to 6 tablespoons of butter to season the steak; pass the at the table for the corn and bread. if you have any butter left, you can it later as a sandwich spread.

Cook the corn as you wish—on the becue with the steak, in a large kettl boiling water, or in your microw oven. Allow 1 or 2 ears of corn for e person, depending on appetites.

Accompany the entrée with a Ca salad, or crisp greens with Green C dess, Roquefort, or a simple oil vinegar dressing.

Grilled Steak

Choose a large beef steak that when about 2 inches thick will weigh 3 to pounds. It could be porterhouse, sirloin, or the first cut of top round buy a less tender cut such as sirloin or top round and use a commercial m tenderizer as directed on the packa

Cook the steak on a grill about 6 inc above a bed of low glowing coals. Ab every 10 minutes turn it and spread lightly with about ½ tablespoon of mustard butter. It will take about minutes for rare steak. For best resu insert a meat thermometer in the cer of the steak (after about 30 minutes) cook until it registers 135° for rare, 140° for medium-rare to medium.

Remove to a serving platter and cu or 6 crisscross slashes (about ¼ i deep) in the top; spread with 1 tc tablespoons more mustard butter. serve, cut across the grain in thin sla ing slices. Serves 6 to 8.

Mustard Butter

- 1 cup (½ lb.) soft butter or margarine
- 4 teaspoons dry mustard
- 1 teaspoon Worcestershire
- ¼ to ½ teaspoon garlic salt
- ⅛ teaspoon pepper
- ⅓ cup finely chopped parsley

In a bowl combine the butter, musta Worcestershire, garlic salt, pepper, a parsley; beat until smooth and w

The Unforgettable Salad. Made Easy.

There's no secret to a really elegant salad. But there *are* rules. And if you follow them lovingly, the salad course might well turn into the favorite part of your family's meals. (Not a bad idea considering the price of meat these days.)

Golden rules for great green salads.
Rule 1: Wash salad greens quickly in icy water, then shake the leaves dry or pat dry with a paper towel.

Rule 2: Make sure everything about your salad is frosty cold as can be, including plates.

Rule 3: Toss greens quickly and lightly so the leaves don't bruise and your salad doesn't go limp in mid-air. Serve instantly!

Salad. Beginning or end? In most parts of the U.S., salad serves as a delightful start. But why not do as the French do—and serve your salad *after* the main course? The cool crispness of the greens and the tart tingle of the dressing make a refreshing finishing touch. And, if you're keeping an eye on your family's calories, a delicious salad is as good as dessert—and can substitute for the forbidden sweet.

Helpful hint. Those special greens, like parsley and watercress, should be washed, dried thoroughly, and refrigerated in a tightly covered container or screw-top jar.

Delicious hint. For a subtle touch of garlic, just cut a plump garlic clove in half and rub the cut side around your salad bowl.

Your salad will pick up the fragrance without the "bite." Or, better yet, try Girard's Original French Salad Dressing. We steep fresh garlic in choice oils for two lazy weeks. Then we blend the oil with mellow vinegars and subtle herbs. Magnifique!

Sudden Salad—Gourmet style. Just slice plump mushrooms wafer-thin and marinate for 30 minutes in Girard's Champagne Dressing. Chill and serve on a bed of tender Bibb lettuce. Guests will rave!

Caesar—noblest salad of them all! And deliciously easy with Girard's Caesar Dressing. Just pour it lightly over icy-crisp romaine lettuce and croutons, toss and serve. But if you really want to go all out, try the recipe here. Toss and serve at table for all your guests to see the wonder of it all.

GIRARD CAESAR SALAD a la CALIENTE

1 large or 2 small heads of romaine lettuce
½ to ¾ cup croutons
1 one-minute egg
4 whole anchovies, chopped fine
2 Tbs. chopped chives
2 Tbs. freshly-grated parmesan cheese
½ cup Girard's Caesar Dressing

Tear chilled romaine into 1-inch cross-cut strips. In small bowl, beat egg lightly with wire whip, then add the Girard's Caesar Dressing, the chopped anchovies and chives, and mix thoroughly. Pour over romaine, add croutons, sprinkle lightly with the grated parmesan, and toss lightly. Serves 4 to 6. Unforgettable!

Gift Offer!

Send us this coupon and one label from any Girard's Dressing and we'll send you free an attractive, colorful salad suggestion chart with nine super salad recipes. So pretty, you'll want it on your wall.

Send to:
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My Name _____

Address _____

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Please allow three to four weeks for delivery. S34

DARROW M. WATT

Butter and syrup *top brunch pancakes. Also offer fresh melon, berries, and bacon or sausage links*

blended. Cover and refrigerate needed. Makes about 1¼ cups.—*Reseda, Calif.*

Chocolate-Coffee Freezer Torte

- 1 cup crushed coconut macaroon cooky crumbs
- 2 tablespoons melted butter or margarine
- 1 pint chocolate ice cream, slightly softened
- ½ cup chocolate-flavored syrup
- 1 pint coffee ice cream, slightly softened
- About 4 ounces chocolate-covered hard toffee candy bars, coarsely crushed

Stir together the cooky crumbs and ter. Lightly press into the bottom 9-inch cake pan with a removable tom. Bake in a 350° oven for 8 t minutes or until lightly browned. (

Spread the chocolate ice cream i even layer over the cooled crust; dr evenly with ¼ cup of the syrup, freeze until firm. Then top with an layer of the coffee ice cream, spr evenly with the crushed candy, and zle remaining syrup over top. Cover freeze until firm. Makes 6 to 8 serv —*E. B., Fresno, Calif.*

Graduation brunch

If you have an electric griddle, you set up this whole meal buffet style. when people arrive after graduation tivities or friends gather for a leisu weekend brunch, guests can cook own pancakes to order.

Fresh Fruit Tray
Walnut-Wheat Pancakes
Butter Assorted Pancake Toppin
Bacon or Sausage Links
Café au Lait or Milk

Arrange wedges of cantaloupe or ho dew melon on a large tray with ar sortment of other fresh fruits suc early peaches, apricots, cherries, r berries, or strawberries. Keep ch until needed.

Offer three or four toppings for the cakes—berry syrup, maple syrup, ho apple butter, or a mixture of sugar cinnamon are good choices.

You can keep a serving plate of ba or sausages hot on a warming tray a with a pitcher of strong coffee and of hot milk if you serve café au lait.

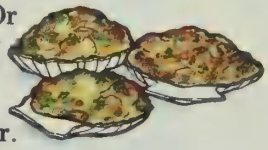
Walnut-Wheat Pancakes

- 2 cups whole wheat flour
- ⅔ cup soy flour
- 1½ teaspoons salt
- 6 teaspoons baking powder
- 4 eggs, slightly beaten
- 2½ cups milk
- ¼ cup honey
- ⅔ cup salad oil
- 1 cup chopped walnuts

In a large bowl stir together the wh wheat flour, soy flour, salt, and bak powder until well blended. Combine

Would you be embarrassed to serve tuna to dinner guests?

Maybe you think of tuna as just a staple. Some-
ing to have on the shelf when you forget to take
steak out of the freezer in time. Or
hen the troops troop in after seizing
e sandbox.



If so, you're not exactly wrong.
But you're not exactly right either.

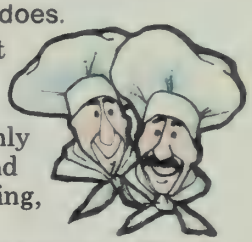
A delicacy? A delicacy.

If tuna weren't so inexpensive, it would be con-
dered a delicacy. Throughout history, tuna, like
bster and crabmeat, has been the fare of kings
nd noblemen.

Take Tuna St. Jacques. We suggest you try it
n company next time—with a green salad and a
ood Chablis or Mâcon Blanc.

We also suggest you use a good tuna. In fact,
et Chicken of the Sea and go all the way. Our
hefs certainly do.

Fussy is as fussy does.



Like all good cooks, they start with the best. But they don't stop there. Take filleting. It's all done by hand. To make sure only *prime* fillet goes into the can. And they're pretty fussy about grading, color and things like that.

Fussy may be an understatement. They're tyrants.

Nice tyrants, but tyrants.

Such an attitude may be why good cooks buy more Chicken of the Sea than any other tuna. Year after year.

As a staple *and* a delicacy.

Tuna St. Jacques

- 3 green onions, chopped fine (greens, too)
- 4 Tbsp. butter (total; see below)
- 4 oz. fresh mushrooms, chopped
- 1 can (10½ oz.) cream of chicken soup
- ½ cup dry vermouth
- White pepper to taste
- 1 Tbsp. parsley, chopped fine
- 2 cans (7 oz. each) Chicken of the Sea White Meat Tuna, drained and chunked
- 2 Tbsp. Parmesan cheese, freshly shredded
- 1 slice bread, crusts removed

Preheat oven to 450°. Cook onions in 2 Tbsp. butter until tender. Remove from heat. Brown mushrooms quickly in 1 Tbsp. butter. Combine soup and vermouth. Heat to boiling. Season to taste. Mix half of sauce with onions and mushrooms. Spoon equally into 6 buttered sea shells. Add parsley and tuna. Top with remainder of sauce. Combine bread and cheese in blender. Sprinkle over sauce. Drizzle 1 Tbsp. melted butter over crumbs. Heat in oven 10 minutes or until browned. Serve hot. **6 servings.**

*They also send you Chicken of the Sea Frozen Shrimp . . . which hostesses have always been proud to serve to dinner guests

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eggs, milk, honey, and oil; pour all once into the dry ingredients and until smooth, then mix in the nuts.

Preheat an electric griddle to 375° follow manufacturer's directions for p cakes; or heat another griddle o medium-high heat on your range. Gre lightly then pour on about ¼ cup ba for each pancake, spacing them v apart. Cook until top is bubbly and pears dry and bottom is well brown turn and cook other side until brown Makes 2 to 2½ dozen 4-inch pancak —*S. H., Oakland.*

Thirty-minute family suppe

Versatile ground beef appears here i well-balanced sweet and sour sauce spoon over hot cooked rice.

If you are counting calories, omit rice and spoon the meat mixture o hot, well-drained spinach instead. A offer watermelon or other fresh fruit season for dessert.

Sweet and Sour Beef
Hot Cooked Rice or Spinach
Sliced Tomatoes
Freezer Pastry or Watermelon

First put the pastry such as fruit-fill turnovers into the oven to bake acco ing to package directions, or cut melon into serving-sized pieces and c until needed.

Also cook 1 cup rice or 2 packages (oz. *each*) frozen chopped spinach acco ing to package directions. To serve, range rice or spinach on a rimm platter and spoon the beef and sau mixture over top.

Since the entrée demands attention wh cooking, have all the ingredients sembled and the sauce combined befo you start.

Sweet and Sour Beef

- ⅓ cup firmly packed brown sugar
- 2 tablespoons cornstarch
- ¼ cup red wine vinegar
- 3 tablespoons soy sauce
- 1 can (1 lb. 4 oz.) pineapple chunks or tidbits
- 1 tablespoon butter or margarine
- 1 pound lean ground beef
- 1 small red bell or green pepper, seeded and cut in thin strips
- 1 medium-sized onion, sliced

Blend together the sugar, cornstarc vinegar, and soy. Drain pineapp liquid into the sugar mixture and stir blend; set sauce and pineapple aside.

Melt the butter in a large frying p over medium heat; crumble in the be and cook until lightly browned. Add t pepper and onion and sauté, stirri often, until just tender, 3 to 5 minutes

Stir sauce into ground beef and coo stirring, until thickened. Add pineapp and heat through. Makes 4 servings.— *D. D., Stockton, Calif.*

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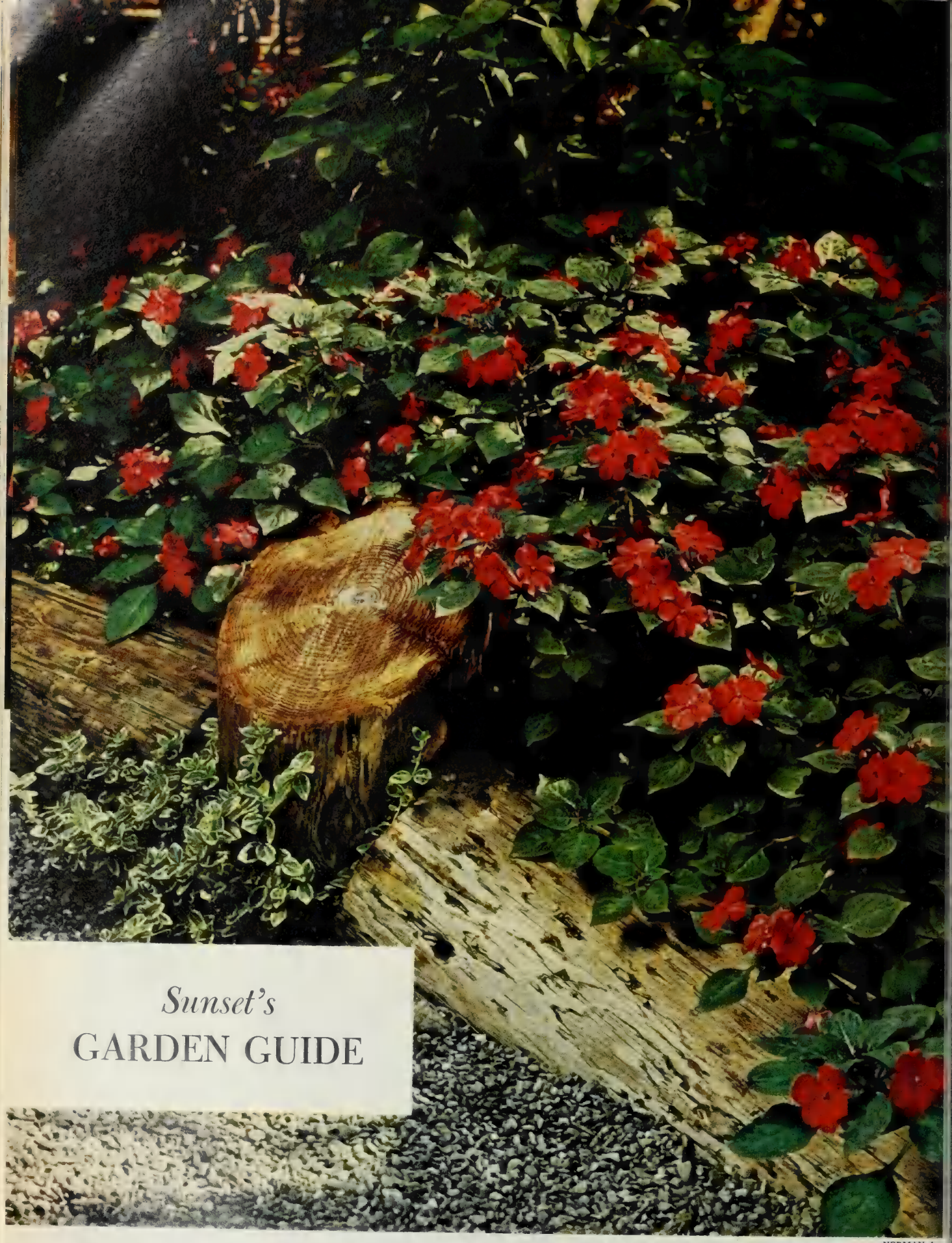


Sunset's
GARDEN GUIDE

Impatiens color in the shade

NORMAN A.

In a shady garden, impatiens will keep growing bigger and making new flowers from planting time until frost. These are 'Blaze' and 'Baby Blaze'. Edging is made of utility poles. Clump of variegated euonymus grows at joint

NE IN YOUR GARDEN:

If you were a spring dawdler, June's your chance

e is part of the stately procession n season to season that makes Cali- ia gardening so secure and predict- (at least by standards applied in the of the world). Spring is becoming summer, slowly near the coast, more edily inland.

prises are few, but be ready for sud- heat waves, which can be damaging plants in a tender flush of growth. Be e that there is water in the soil for ening growth, ripening fruit, and for ense against hot, dry winds.

you have worked hard earlier in the son and have things off to a good rt, you can relax a bit in your garden rk. Grooming, watering, and filling in s are less difficult than soil prepara- n and planting.

en if you started late, you can still ac- mplish a lot. Late planting takes a le more care, but warm weather eeds growth and you can still expect od harvests from many kinds of vege- bles, good shows from many kinds of nuals, shrubs, and vines.

npatiens for dark places

r summer flower color in shady aces, few plants can outperform im- tiens. Blooming season is long (planting me to frost) and care is minimal— utine watering and feeding will bring od results if soil is well prepared. Just on't expect sheets of color; what you et is a lavish dappling of 1 to 2-inch owers, as shown at left. The effect is ke sunlight filtered through foliage.

ears ago impatiens were rather lanky lants with a limited color range. New rains, especially the F_1 hybrids such as he Elfin series, are compact and have right colors ranging from white and ink to scarlet, fuchsia, and deep red. Other compact kinds are the many olors in the Baby series and bicolored arieties which are variously named Zig-Zag, Calypso, and A-Go-Go.

Official descriptions claim that these compact strains grow to 6 to 8 inches, or 10 to 12 inches tall. In the West they seem to grow taller, possibly because of the much longer growing season. Height of plants in the garden seems to depend more on the light they get than on their variety. Those in deeper shade grow taller than those in light shade or morning sun. In the color photograph at left it's impossible to distinguish the 'Blaze' from the 'Baby Blaze,'

For fast and solid cover, set plants 9 to 12 inches apart. Young plants wilt when they get dry, but may rot if kept wet; after active root and top growth begin they can take a lot of water but are able to dry out nearly to wilting and still recover. Feed every two or three weeks with fish emulsion or other fast-acting liquid fertilizer.

Do away with the upper crust

A seedling's most critical period occurs right at germination when it thrusts its seed leaves through the soil and up to the light. If the soil has a high clay content, it is likely to bake so hard that the seedlings may never make it. Spotty and irregular germination—or no germination at all—may result.

One way to help the sprouts along is to cover the seed with sand rather than soil. The sand won't bake hard, and seedlings pop up quickly and evenly. Two fringe benefits are that the newly sown rows are highly visible (if you use a light-colored sand) and that weed pulling is easier in the sand-covered rows.

Of course seeds and seedlings will need water. To get seedlings off fast, open up the drills (seed rows) with a hoe, soak them thoroughly with water from the hose, sow seed, and cover it with sand to about three times its depth. In summer supplementary watering will probably be necessary before seeds sprout, and shading with boards or frames covered with muslin or lath will help soil stay cool and moist.

Vermiculite is also a good, safe seed cover; use a small-grained horticultural grade. Be careful not to overwater; the vermiculite holds much moisture without

New Zealand spinach *is a good crop for succession planting described on next page. Karen Taylor of Santa Clara likes it for wilted spinach salad*
GERALD R. FREDRICK

Sunset's GARDEN GUIDE

DARROW M. W

Permanent wooden scaffold *supports strings for pole beans in Cupertino garden of Gary Peterson*

looking wet and may mask soggy soil underneath.

Making the most of your vegetable garden space

In vegetable gardening early successes breed higher ambitions; in time the gardener wants to raise all the vegetables the family uses. In a limited space such high production isn't feasible, but it is possible to grow more in less space. Here are some ways to do it:

Succession plantings: When you take out an early crop, plant another one as soon as you can add fertilizer and humus and work up the area again. One instance: New Zealand spinach, which tolerates heat, is a natural successor to cool-season spinach (see photograph on page 197). Corn can follow early cabbage, broccoli, or cauliflower.

Using vertical space skillfully can increase the bearing surface of your garden. Use fences as supports for trellises carrying beans, cherry tomatoes, or cucurbits such as cucumbers and melons. Stake or trellis tomato plants and put up poles or netting supports for beans. We show some examples on this page.

The French Intensive Method of gardening gives more production in less space by doing away with space-wasting rows and growing vegetables in tight planted raised beds. There is a report it in the September 1972 *Sunset* (pag 78, 79, 168).

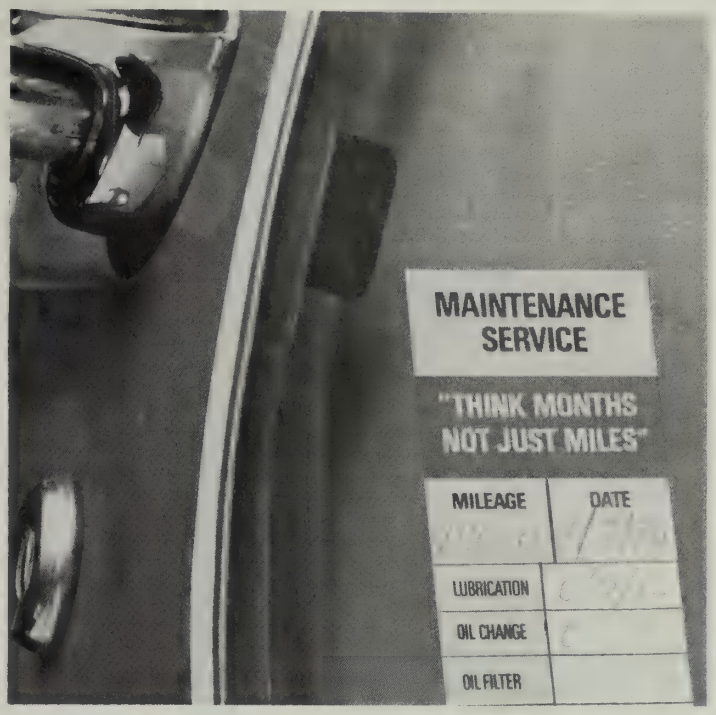
Intercropping and catch cropping ma use of space that might otherwise wasted. Intercropping means planti rows of one crop between rows of a other (usually larger, later, slow-matu ing crop), or mixing one crop in wi

JIM ARKOOSH

DON NORMARK

Maypoles *for pole beans: Sue Bichsil uses stakes (left); Mrs. Kenneth Rutherford of Portola Valley, California, uses bricks to anchor strings (above)*

There's an overlooked item about oil and oil filters in the owner's manual that has become more important now that driving habits have changed:



Think months, not just miles

It's funny. You get into habits and forget why they started.

You're probably in the habit, for example, of changing your oil and oil filter on a mileage basis. That makes sense when you're driving a lot and your engine gets a chance to heat up.

But consider this—when you're driving less, there's condensation going on forming water in your crankcase...when that water mixes with certain contaminants, it can form acid. And on today's short trips, your engine may not heat up enough to "burn off" the water.

Check your owner's manual. You'll see that it says to change oil and filter on a mileage basis, or a monthly basis, *whichever comes up first.*

Even though you're driving less, you need the protection of clean oil and a new AC Oil Filter. Up to 12 feet of dirt-trapping filter material works to help keep your engine clean—as important today as when you were driving much more.

Your owner's manual makes it quite clear: Think months, not just miles.

Getting out of that old habit could help save on repair costs later on.

Speaking of habits—it's a good habit to specify an AC Oil Filter at change time.

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another. Examples of the first kind are short rows of fast-maturing radishes, green onions, or leaf lettuce between young blocks of corn or rows of tomatoes or pole beans. The intercrop is harvested before the main crop has grown large enough to shade it out.

Of the other kind of intercropping, pumpkins and winter squash planted with sweet corn are the most familiar example. Another old farmers' intercrop is pole (climbing) beans, either string beans or limas, with corn. The corn furnishes support for the twining beans, and your harvest is succotash—almost. Plant the corn a month before the beans.

Catch crops are short-season crops which utilize bare ground between main crops. Pulling out a few heads of cabbage or broccoli gives room for a short row of green onions from sets, some baby carrots, or some loose-leaf lettuce. Then winter cole crops can follow from seedlings set out in early fall from late summer sowings.

In brief, don't let empty ground sit idle. Spade or fork it up with some humus and fertilizer, then plant it again.

Using shade gardens for vegetables is not often recommended, but sometimes it works. A highly successful vegetable gardener is Sonoma raises a wide variety of vegetables in a garden that has a considerable amount of shade from tall trees and a house on three of its sides. His formula for a choice of vegetables to plant in the shadier portions is simple: Fruit and seed producers (beans, peppers, tomatoes) get the sunny spots; leaf and root vegetables (lettuce, beets, carrots) get the shadier ones.

The theory: Flowers, seeds, and fruits represent the complete growth cycle of a plant, which needs more light than the partial cycle represented by roots and leaves.

Wheenies, ponkans, and pummelos

The Orangery, a citrus nursery operated by the J. W. Stephenson family in San Jose, grows 102 species and varieties of citrus, few of them commercial varieties. This nursery is for experimenters, collectors, and home orchardists primarily, but gardeners interested in bonsai and ornamental plants will find a lot here to turn them on.

Here are some of the offerings, just to pique your curiosity: The 'Wheeny,' or New Zealand grapefruit, has a low total heat requirement; the ponkan, Swatow mandarin, or Chinese honey-pot orange is one of the sweetest and most esteemed citrus fruits; the pummelos (there are several varieties) are enormous, pear-shaped yellow fruits with thick skins and coarse-grained flesh with huge, easily separated juice vesicles.

For bonsai consider *Citrus aurantium myrtifolia,* the chinotto, myrtle-leafed, and boxwood-leafed oranges, small, compact plants with small, showy, bright orange fruits.

The nursery is at 14878 Heather Dr., San Jose, near the San Jose-Los Gatos boundary, a block from the intersection of Union Avenue and the Los Gatos-Almaden Road. The Stephensons expect it to be in full-time operation by late June or early July. Until then it's best to call before dropping in; the number is (408) 377-2196.

Early summer squash failure?

A common early summer garden question concerns yellow summer crookneck squash or zucchini that fails to set fruit properly. Blossoms may drop off without setting any fruit, or (more commonly) fruit may begin to develop and then stop growing, withering at the blossom end, finally rotting and dropping from the vine.

If the vines are healthy, fruit is likely to develop to usable size as weather becomes consistently warm. Both failure to set and failure to develop are the sult of lack of pollination. Early in season the vines tend to produce c female flowers, and until male flow begin to appear and shed pollen, fruit will be unsatisfactory. (Male flow have no tiny embryonic squash at tl bases.)

Even when male flowers begin to app there may be a shortage of bees, wh also leads to pollination failure.

A course in organic gardening and farming

The Student Garden and Farm Proje at the University of California at Sa Cruz will offer a program of instruct in organic gardening and farming, ginning in August. The program will full time and last for one year. It aim to develop practical skills throu work experience with a wide range edible and ornamental plants, shru and trees. Write to Apprentice Progra Student Garden and Farm Proje University of California, Santa Cr Calif. 95060.

JUNE CHECK LIST: *Here are the urgencies*

☐ **Annuals.** It isn't only in vegetable gardens that catch crops are useful. Follow up faded bulbs and spring-flowering annuals with fast-growing, heat-loving annuals. Some of the easiest and safest are ageratum, celosia, marigold, petunia, portulaca, salvia, "vinca rosea" (*Catharanthus*), and zinnia.

☐ **Citrus.** Large numbers of tiny green fruits appear shortly after bloom; don't worry if most of them fall. The tree couldn't possibly ripen all the fruits that get pollinated. If you keep trees well fed, well watered (but not soggy), and free of mites, they should mature reasonably well. Avoid heavy pruning; loss of leaves means lessened flower and fruit production.

☐ **Deciduous fruit.** Continue thinning apples, apricots, and peaches. It's very hard to protect cherry or June fig crops from birds, but if your trees are small you can cover them with plastic netting that is now available in large sizes. Get some friends together, tie corners of the net to long poles, hoist the poles, walk the net over the tree, then let down the poles.

☐ **Feeding.** Plants that make continuous growth through the summer or that continue to yield blooms or fruit will need continued feeding. Plants growing in heavy, water-retentive soil need less frequent feeding than ones growing in loose, sandy, fast-draining soils. Plants in pots and containers lose nutrients quickly by leaching; they need frequent feeding.

☐ **Herbs.** If you like fresh dill weed or cilantro (also called Chinese parsley or fresh coriander) make frequent sowings of short rows. Plants mature quickly, then quickly seed and die.

☐ **Lawns.** Slow-release fertilizers that feed over a long period work most effectively in warm weather; these include organic kinds (including activated sludge and tankage-based fertilizers) and synthetic organics such as urea and urea-formaldehyde resin.

There's strong evidence that bluegrass, fescue, and bentgrass lawns do better when watered more frequently than was once recommended. Try watering them every one to three days, keeping the soil constantly soft to the heel.

☐ **Weed control.** In flower beds, orchards, and vegetable gardens, careful watering can restrict weed growth. If you put the water where the desirable plants are and keep it off bare ground you will lighten weeding work; this means furrows for row crops, basins for trees and large shrubs, and careful hand watering with hose end or a soaker device. □

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Popcorn isn't difficult to grow but keep it away from sweet corn

DON NORMARK

Stalks *of ripening popcorn, 8 feet tall, turn brown in late August. Ears are ready to harvest when stalks are dry and kernels are hard*

Popcorn isn't difficult to grow. Withou much effort 13-year-old Louis Khazoya of Los Altos, California, got 10 pound of popcorn last year from the 4 by 8-foo patch shown here.

Choose a sunny spot, and first dig som fertilizer such as steer manure into th soil. Sow seeds 12 inches apart in row 18 to 24 inches apart. Plant right now except in low-desert areas, where you should wait until August or next spring.

Plant at least three rows for pollination (Don't plant among sweet corn varieties or you'll get ears of sweet corn with tough, unchewable kernels.) Give regular, deep watering.

The trick with popcorn is knowing when to harvest. Let the stalks turn brown and dry out completely. Then pick ears with husks still on and store them for a month in a cool, dry place. Remove the husks and peel off the dry, hard kernels with your thumbs.

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Richard Sloan, "Common Loon," Plate 29, $50.

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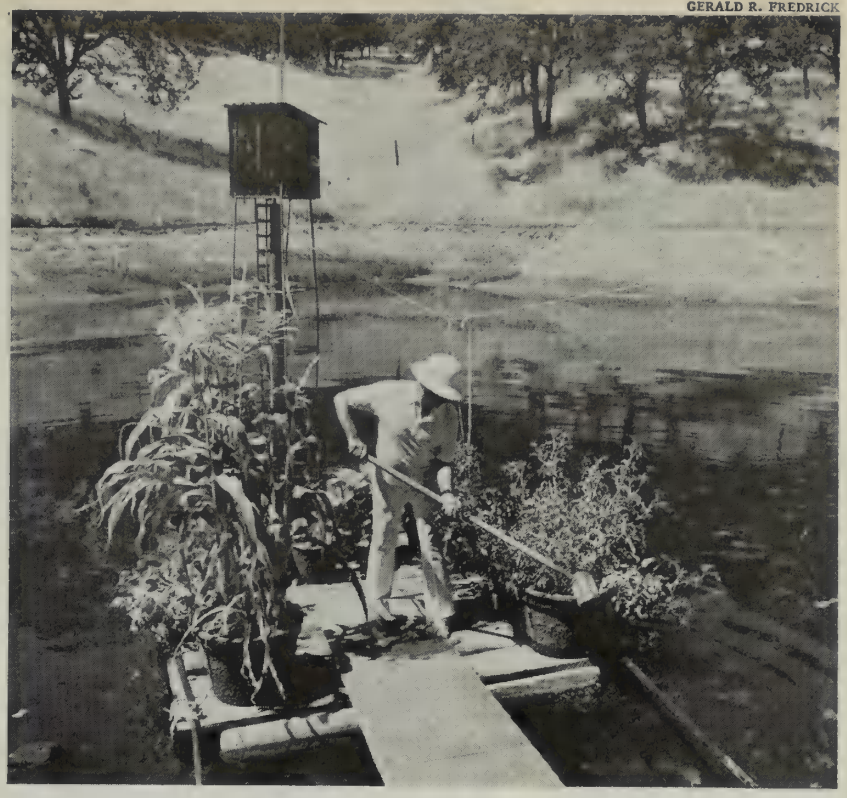

Vegetable garden *on a raft at anchor in a pond. It foils the deer who live in the hills—they are afraid to walk the gangway*

Vegetable garden on a raft . . . among other things it's deerproof

The strange little garden shown above may interest two kinds of gardeners: For those few who live in deer country and have a pond, it shows a clever way to defy the salad-minded marauders. For the many who would like to grow vegetables where there is no tillable ground, it proves again how well you can grow some kinds in containers.

The 8 by 8-foot raft consists of eight 2 by 12-inch redwood planks as decking, strapped to a pair of 1 by 3 by 8-foot polystyrene blocks. The polystyrene supplied all the buoyancy needed.

The raft's crop cargo consisted of two large pressed-pulp tubs of corn, two of tomatoes (average harvest), one of eggplant (average harvest), one of Swiss chard (poor harvest), and two of wax beans (poorest—only one meal).

The pots were filled with a mix of ½ topsoil, ¼ sand, and ¼ horse manure. They were watered twice a week with the algae-green water from the pond. The only plants fed were the tomatoes—twice with a tomato fertilizer.

The nautical farm belongs to the Joseph F. Williamsons of Calistoga, Calif. □

Sweet corn *was most productive of the raft's six crops. Two tubs grew 24 ears. Beans in foreground*

Herb border *70 feet long contains over 200 fragrant, flowering, and culinary plants. Routine pruning and pinching yields abundant material for fun and practical projects*

WILLIA

Costmary *leaves are sweet, spicy when mature; use for tea, drinks, potpourris, scenting closets. Gray santolina has a chaparral odor; use for moth bags, potpourris, but not foods*

More than 200 herbs to smell, touch, taste make a garden in Thousand Oaks

Smelling, touching, and tasting a as important as looking in this g Every fragrant, medicinal, and cu herb the owner could find is there.

A year and a half before the photo above was taken, Mrs. O. W. pulled out most of her garden's or shrubs and trees, keeping only citrus and other plants with specifi She and her husband spent the ne "weeding, planting, weeding, and ing—every kid in the neighborho rich gardening for us."

Now, every plant in the garden ha sonal meaning and a fascinating l of current or traditional uses. He see some ways Mrs. Main uses the

In addition to plants shown, Mrs. 200-plus herbs include bee balm, balm, borage, burnet, calendula, tion, catnip, chamomile, chives, f heliotrope, horehound, hyssop, lav (four kinds), oregano, pennyroyal savory, sorrel, strawflowers, and (eight kinds). She also includes

NORMAN A. PLATE

Pineapple sage, *planted in the ground, forms a 3 by 4-foot shrub after 1½ years. Use with fruit, for drinks or potpourris*

Potpourri *fragrance freshens entire room when lid's opened. Favorite ingredients: citrus buds and peel, lavender, marjoram, mint, rose petals, thymes, woodruff*

Herb vinegars: *let herbs stand in vinegar, then strain*

Everlasting *flowers of globe amaranth are ¾ inch across, magenta, pink, or white. Dwarf kind grows 9 inches tall*

Rosemary cookies: *Add 1 to 4 teaspoons minced fresh rosemary per cup of flour for butter cooky dough. (Or substitute anise, coriander, others.)*

Mint iced tea: *Steep tea and crushed orange bergamot mint; refrigerate a few hours, strain, add orange juice to taste*

rennial flowers that historically were ed as herbs too.

l the plants were bought at nurseries started from seeds. They get a 2-inch ulch of packaged manure - leaf mold in ring, and of manure in fall. During inse heat, they're watered twice a week.

the warm climate of Thousand Oaks, lifornia, most of the perennial herbs e evergreen. Only costmary, mint, neapple sage, tarragon, and lemon verna are completely dormant in winter lus annuals that die, such as basil, ervil, coriander, dill).

you're interested in growing herbs, u'll have more to harvest, far less ork, and probably more beautiful ants, if you put them in the ground ther than in containers.

ost herbs taste and smell best with latively infrequent watering and little any fertilizer. But in containers, during t weather they need watering one or ore times a day. And it takes meticus care for potted herbs to develop vigorous growth and fullness that they have naturally in the ground.

What most herbs need is full sun and good drainage. Raised beds and slopes are ideal. Most kinds grow in partial shade, but they will tend to be straggly and have less flavor. A few grow as well or better in partial shade: angelica, bee balm, lemon balm, chervil, chives, lovage, mint, parsley, sorrel, lemon verbena, and sweet woodruff.

With good conditions most herbs have a galumphing growth rate. You may feel ridiculous spacing them 1 to 4 feet apart, but two years later you'll be sorry if you didn't. In the photograph at far left, note the santolina hedge in March, less than one year after planting, following a light trimming in fall; the next photograph shows it two months later after the spring surge of growth. Now, another year later, Mrs. Main wishes that she had planted it 10 inches apart instead of 5 so it would need less pruning.

To get the soft edge on the hedge and other herbs, she shears them in a curve instead of a square.

For unusual herbs, or a lot of one kind, ask a nurseryman to order for you. You can order plants by mail from Taylor's Garden, 2649 Stingle Ave., Rosemead, Calif. 91770; or Nichols Garden Nursery, 1190 North Pacific Highway, Albany, Ore. 97321. Or try seeds—many herbs grow fast enough to begin harvesting in six weeks to nine months. □

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Incredibly effective Cutter Insect Repellent is famous with fishermen, campers, backpackers, hunters and "backyarders." They have proved it **best** against vicious biting bugs from Alaska to the Everglades. Cutter's unique formula assures longer—stronger protection. It's not sticky, stinky or greasy. It is pleasant, easy and economical to use . . . in fact, women praise it and that's saying a lot for an insect repellent!

incredibly effective CUTTER Insect Repellent

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birth defects are forever unless you help

March of Dimes

THIS SPACE CONTRIBUTED AS A PUBLIC SERVICE BY THE PUBLISHER

GERALD R. FR

Droplets sparkle *on big, dark g*
dichondra leaves after wat

It's what's unde
the dichondra

One thing that makes the difference tween successful dichondra and the successful is what you put in the gr before planting. That's probably main reason why the lawn shown al is one of the lushest and biggest le we've seen.

There are many ways to improve soi fore planting a lawn. The owner of exemplary dichondra, Gary Cohn Santa Cruz, California, went to g lengths.

He began with 1,000 square fee heavy, slow-draining soil. To impro he brought in a total of about 30 c yards of topsoil, redwood compost, moss and steer manure. Digging spades deep, he blended amendm to a depth of 12 inches. The lower l was clay—he mixed it with redw compost. He blended redwood com and the other amendments into the u layer. The resulting soil mix drains but retains water; it's also reduced Cohn's water bill in half.

Mr. Cohn planted his lawn in late J of 1967. For fast coverage, he sp pelleted seed at a higher rate than package recommended. The sprouted in one week. By September lawn had filled in completely.

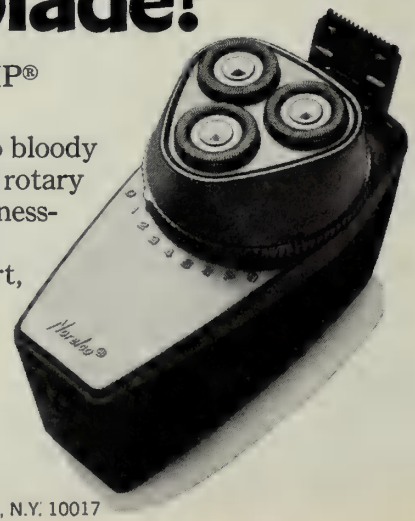
Mr. Cohn doesn't mow his dichon this produces a thick soft carpet ef The lawn is fed with light doses of c plete fertilizer once a month from Ma through November.

SMOKEY
Keep the peace.
Advertising contributed for the public good.

Quick! Which half did he shave with a blade?

And which half did he shave with a Norelco VIP® Tripleheader shaver? It's obvious, of course.

With the VIP shaver, you get closeness, but no bloody nicks, cuts or scratches. The VIP has 18 surgical steel rotary blades, inside 3 super-thin floating heads, and 9 closeness-comfort settings that adjust the VIP to your beard, your face. For a shave so close, with so much comfort, it's obvious why the Norelco VIP dares to match shaves with a blade.



The *Norelco*® VIP.
Dares to match shaves with a blade.
Without blood.

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NORMAN A. PLATE

sy look *of Ocean Avenue comes from Monterey pines and shrubs underneath: Viburnum tinus (left) and raphiolepis (right)*

How much can plants do for a town? A visit to Carmel will show you

PETER O. WHITELEY

Trees, *ivy-covered walls, ferns (in upper window box) add leafy green outside shops at Lincoln and Ocean*

GERALD R. FREDRICK

Raised beds *at Mission and Seventh contain two kinds of marigolds edged by Japanese boxwood. In pots are golden arborvitae and Meyer lemon, both with variegated periwinkle ground cover*

have a lot to do with the delight armel. They give this Monterey sula seaside community, 125 miles of San Francisco, a lush green you won't find in many towns. This ecially true of the downtown area e we took the photographs you see and on page 213.

out plants, Carmel's 20-square- shopping district would lack unity. ings put up over several decades sent a variety of architectural styles ng from quaint Hansel-and-Gretel orgian, Victorian, early California, contemporary. Trees, shrubs, and somehow pull it all together. As on ings everywhere, they soften lines, ice surfaces, conceal mistakes and ear and tear of passing years, and

"When you think of pests think of us."

Henry Tobey, President, Terminix International.

"I'm Hank Tobey. I run a company called Terminix. Our business is getting rid of termites, roaches, ants, spiders and other pests that attack American homes. We've been doing this for years. And doing it so well that 94 out of every 100 customers across the country say they' ask us back again.

"If your home is being invaded by pests check us out with a neighbor or frienc Then give us a call. We're in th Yellow Pages."

TERMINIX. INTERNATIONAL

The Nationwide Termite and Pest Control Experts.

GERALD R. FREDRICK

d acacia *was left along Ocean Avenue below Monte Verde.*
g tree was cut off at base and set in concrete;
d posts support its upper section

ease the sense of space.

le strolling along Carmel's down- streets you'll see plants that grow in a mild coastal climate and note esting ways to use them. (Even dead ts, as you see above, are sometimes ıl.) Be sure to meander into land- ed patios, terraces, and interior ts—often nearly hidden behind vine- red walls or at the end of a long, t-lined alley.

series also offer a good way to see a ety of plants: Stop in at Ichi-Ban sai Garden Shop on Fifth and Do- s, Nishi Nursery on San Carlos and , Piccadilly Nursery on Dolores and an, and The Secret Garden on Do- s between Fifth and Sixth.

onias, cinerarias, fuchsias, geraniums, hydrangeas, impatiens, marguerites, pelargoniums are among colorful ering plants you'll likely see in sum- and fall; many bloom most of the in the generally frostless climate. □

PETER O. WHITELEY

Blue-spiked, *early summer-blooming Echium fastuosum grows in sidewalk planter at San Carlos and Ocean*

You are looking at one of the greatest boons to modern pool enjoyment. It is trouble free, low cost and can add many extra hours of pleasure to your life.

It's called Pool-Sweep . . . and as you can see, it's so compact and lightweight, even a compact lightweight can hold it in her lap. Yet, this amazing unit has completely revolutionized pool cleaning. It cleans. It polishes. It hones. It sweeps. It gathers leaves. All automatically! And when Pool-Sweep cleans your pool, your pool *stays* clean, sparkling and completely free of everything from tiny particles of dust to large leaves. Let us show you how Pool-Sweep can keep your pool swim-ready 24 hours a day. To obtain further information—free of cost or obligation—use this handy coupon.

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P.O. Box 3680, San Rafael, California 94902

Here are June garden events

Davis. June-July adult evening co offered by the University of Califc *Mondays and Wednesdays,* June July 15: Landscaping with env mental plants, Room 146, Environ tal Horticulture Building, from 6: 9:30 P.M. Fee: $50. Enrollmen quested by June 10.

Tuesdays, June 18 to July 23: summer backyard greenhouse (d and construction), Redwood R Mini-center, Hutchison Dr., from 10 P.M. Fee: $25. Enrollment requ by June 11.

Wednesdays, June 19 to July 24: In container gardening, Birch Room, center, from 6:30 to 9:30 P.M. Fee: Enrollment requested by June 12.

Palo Alto. June 1 and 2. Satsuki b exhibit by the Satsuki Club of Nor California. Place: 2751 Louis Hours: 10 A.M. to 6 P.M. Free.

Sacramento. June 1 and 2. Annual presented by the Sacramento br American Fuchsia Society. Place: S ard Garden and Art Center, 3330 Kinley Blvd. Hours: 2 to 6 P.M. S day; 10 A.M. to 6 P.M. Sunday. Fre

Stockton. June 1 and 2. Show by Stockton Cactus and Succulent Soc Place: Weberstown Mall, 4950 P Ave. Hours: 10 A.M. to 6 P.M. Satu noon to 4 P.M. Sunday. Free.

Eureka. June 9. Show by the Hum Rose Society. Place: Home Econo Building, Redwood Acres, 3750 H St. Hours: 2 to 6 P.M. Free.

Sacramento. June 15 and 16. Sho the Sacramento Bromeliad So Place: Shepard Garden and Art Ce Hours: 1 to 6 P.M. Saturday; 10 A. 6 P.M. Sunday. Free. There will workshop on potting and bromeliad ture plus a plant sale on both days.

San Francisco. June 22. Annual fu "flea market" and plant sale by the Francisco branch, American Fuchsi ciety. Place: Hall of Flowers, G Gate Park, Ninth Ave. and Lin Way. Hours: 10 A.M. until plants all sold. Other plants for house and den will be sold as well as fuchsias.

Campbell. June 22 and 23. Show b San Jose branch, American Fuchsia ciety. Place: Grand Plaza, Prune Shopping Center, 1901 S. Bascom Hours: 1 to 9 P.M. Saturday; 11 A. 5 P.M. Sunday. Free.

Recipes

to conserve gas & electricity during the energy shortage.

Timer

Cook by timer and temperature. You'll get better results and conserve fuel.

Don't peek while you're cooking. This wastes heat and money.

Oven

Don't pre-heat.

Turn it off 10 minutes before cooking time has elapsed—leaving oven door closed.

Don't use it to heat your kitchen.

Pans and lids

Match size of pans to size of cooking unit or flame so you don't waste heat. Reduce flame if it licks around sides of pan.

It takes less heat to cook if pans are covered with tight-fitting lids.

Measuring cups

Use only 2-4 tablespoons of water to cook frozen vegetables. For fresh vegetables, use only ⅓-½ cup of water per pound. (Small amounts of water heat faster.)

Burners

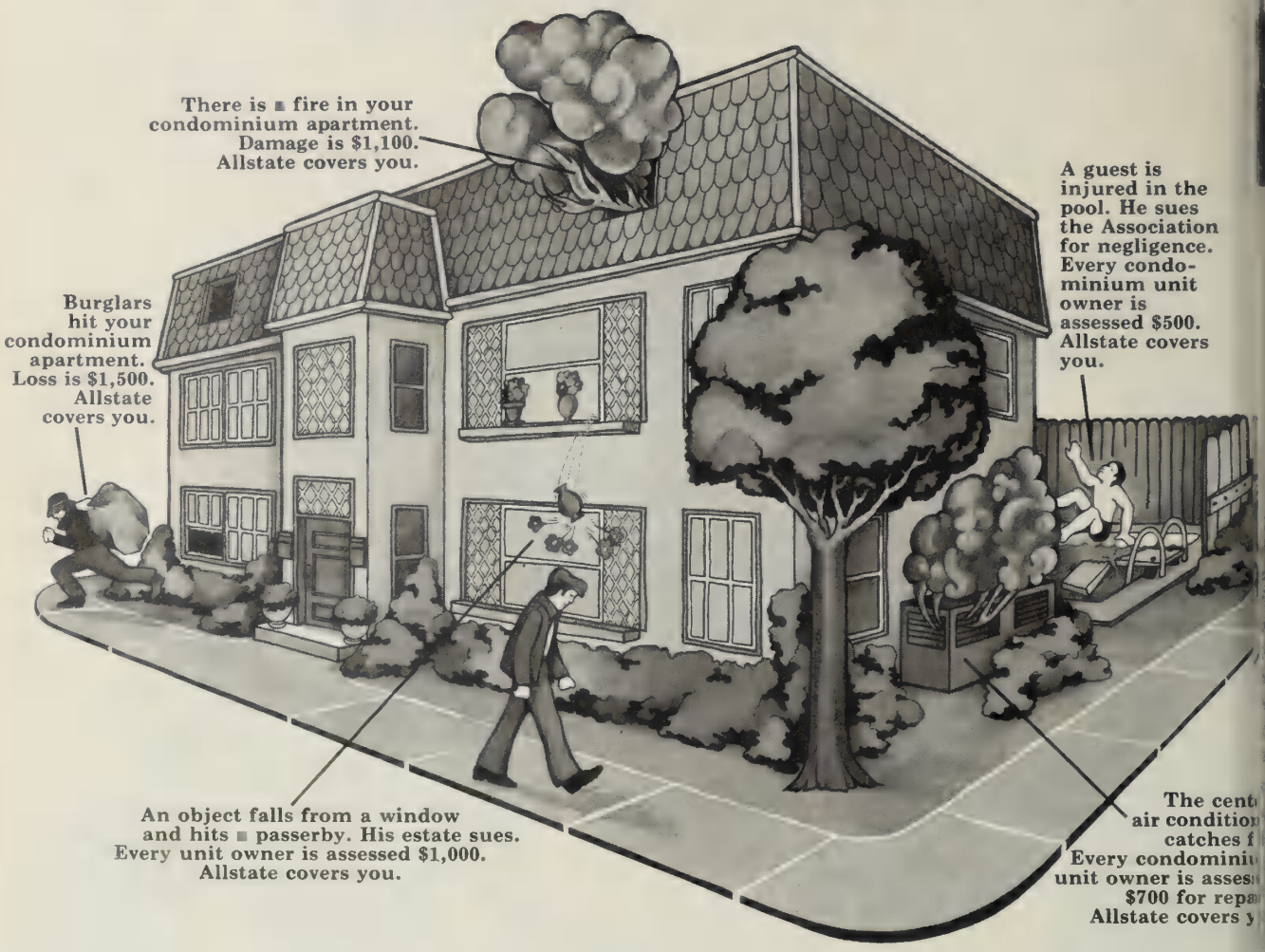
Use high heat only to bring water to a boil, then reduce heat to simmer. On electric ranges, turn burner off before food is done; retained heat will complete the cooking.

These tips may seem like little things, but they'll help conserve gas and electricity.

PG and E

Announcing Allstate's Condominium Owners Policy.

Insurance made exclusively for the condominium dweller.



Condominium unit owners have special insurance needs.

And Allstate's Condominium Owners Policy is designed especially for those needs.

It protects you against loss to the furniture in your apartment, your clothing, and most other personal belongings from hazards such as fire, burglary and vandalism. Gives you personal liability coverage, too.

Allstate's Loss Assessment Coverage* protects you against many assessments for damage to property owned by your Condominium Association.

In a condominium, every unit owner is liable for damage.

Common property (like parts of your building) is normally protected by the Association's insurance, paid for by all the condominium unit owners.

But this insurance may *not* be adequate. If not, when an expense hits the Association, all members can be assessed to pay the bill.

Allstate's Loss Assessment Coverage picks up where your Association insurance may leave off. Check with your Allstate Agent for all the details.

Do you rent out your condominium apartment?

For a small additional charge, we'll continue your policy's coverage against loss that happens in your absence.

We have insurance for your Condominium Association, too.

We call it our Condominium Association Package Policy. Together with our Condominium Owner's Policy, Allstate offers a complete circl of protection for condominium dwelle

See an Allstate Agent for our free booklet:

"What Every Condominium Owner Should Know about Insurance." Whether you're just moving into a condominium, or have lived in one for a while, this booklet is designed to help answe some of the questions about your special insurance needs.
Drop into an Allstate office, or our booth at Sears, and pick one up.

Allstate®
You're in good hands.

Naturally all cover is subject to policy deductib
*Basic assessments coverag $1,000, subject to a $250 deductible. This be increased to $50,000 for a few doll
Policy available in most sta

DON NORMARK

Tithonia bloom *is 3 inches across. Rays are fiery orange-red; tufted center is yellow*

It is bold and hot colored

ood choice for some gardens in the ert and other hot, dry areas of the st is tithonia, a robust plant with l, bright flowers. It resists drought heat, blooms from July or August l frost, and quickly grows 6 to 12 tall. 'Torch,' a lower growing va- y, levels off at 5 or 6 feet in most ts of the West.

e people call this plant Mexican sun- er, but it doesn't look much like a ular sunflower except for its height leaves. Its husky open-branched n, its high voltage flowers, and its e, dark green, velvety leaves make it od hedge plant. Use it to screen out anted sights such as street traffic or k areas, or as a blazing backdrop for er flowers.

the seeds now in full sun in ordi- y soil (not too rich). Thin seedlings r to 2 to 3 feet apart.

wers sharing the scene with tithonia uld have intense colors and strong pes. Delicate pastels and dainty tex- es, such as you find in columbines or hsias, tend to be overwhelmed by it. a powerful impact, use tithonia with d flowers such as marigolds, blue rning glories, nasturtiums, or strong- d zinnias.

hough tithonia is tougher than these er plants, it forms bigger flowers and re luxuriant foliage if you give it the e watering you must give the others. t flowers last several days if you put m in water immediately and don't d the hollow stems. Plants resow if allow flowers to go to seed. □

The no flea guarantee

Hartz is so sure that no itchy flea will torture your dog or cat – that our **FLEA KILLING COLLAR** kills fleas anywhere on your pet – we'll give you your money back if not satisfied. Just write Hartz, Harrison, N.J. – that's an **unconditional** money back guarantee by Hartz.

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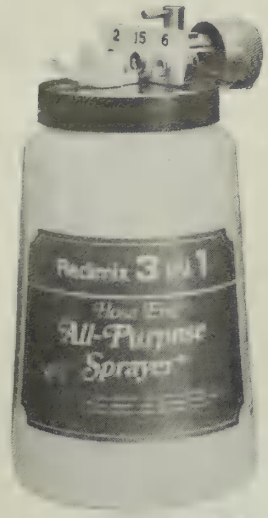
This are three sprayers.

It's a sprayer for lawn and soil. It's a sprayer for plants and trees. It's a sprayer for applying wettable powders. And it comes with a built-in on-off control so you can turn off the water at the sprayer. Only the Burgess 3-in-1 gives you this kind of convenience. Plus almost-perfect mixing accuracy.

And mixing accuracy is one of the most important things to look for in a hose-end sprayer. Too little chemical and you're not doing the job. Too much and you risk damage to grass, plants, or shrubs. All Burgess sprayers are more than twice as accurate as most other sprayers.

Convenience and accuracy are two good reasons to buy any Burgess sprayer. And a price that's right makes three.



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10¢ OFF

"Mr. Grocer:

This coupon is redeemable for 10¢ plus 3¢ handling charges, provided as follows: It is received on a retail sale of any size Hefty Trash Bag. You mail it to Hefty, P.O. Box 1779, Clinton, Iowa 52732. On request, you must supply invoices proving sufficient stock purchases covering coupons submitted for redemption.

Other use constitutes fraud. Coupon may not be assigned or transferred. Customer must pay any sales tax. Void where prohibited, taxed or restricted by law. Cash value 1/20¢. Good only in U.S.A. Coupon expires 12/31/74."

10¢ STORE COUPON 10¢

ST1

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CONSUMER PLASTICS DEPARTMENT
Macedon, New York 14502
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PLANT COLLECTOR'S CORNER

A shrub that likes butterflies ... an almost black succulent

DARROW M.

Biggest rosette *of Aeon 'Zwartkop' is nearly 10 in across and glossy purple-b in color. Pot is owner-r*

Plant collectors who, like Francis Bacon, feel like there is no excellent beauty without some strangeness, will like this month's collectors' items—a black succulent and an orange lilac.

The succulent is Aeonium 'Zwartkop,' a superior selection of the common bronzy green *A. arboreum.* The foliage is a bronzy purple so deep that it looks black; the name 'Zwartkop' is Dutch for black head.

Because the deep pigmentation masks the chlorophyll and slows growth of the plant, it will be slow to reach the 3-foot stature of *A. arboreum.* Nevertheless it is easy to propagate; any rosettes cut off and placed in a fast-draining mix will root. Plants eventually branch, yiel a number of 6 to 10-inch-wide ros of foliage.

Your plant of 'Zwartkop' will greenish if grown in a shady spot; if bring it indoors to protect it from frost (which it cannot endure), it ma off color unless you keep it in brightest window. Otherwise, give it same care you would give a geraniun

Most nurseries have or can get plan 'Zwartkop'; if you can't buy one loc two mail-order sources are Cactus Nursery, Box 327, Aromas, C 95004; and Henrietta's Nursery, 1 N. Brawley, Fresno 93705.

GERALD R. FREDRICK

Orange, *black, and white monarch butterfly finds color harmony in pale yellow-orange, inch-long flowers of orange cestrum*

Butterflies' delight

The plant at left that looks like a lila *Cestrum aurantiacum,* a relative of powerfully scented night and will leafed jessamines. Its soft orange, i long clustered flowers are scentless, they have something that monarch terflies like, as the photograph sh The patch of orange cestrum in Berk where the photograph was taken alive with monarchs last summer.

The shrub has broadly oval leaves u 4 inches long that resemble lilac le in their dark, dull green color. In and with hard pinching and prun plants will stay around 5 feet and flo heavily throughout warm weather. shade and with no pruning, growt tall, vinelike, and sparse, and flowe is scanty. In either case, give plants soil along with ample water and feed Hard frosts will kill tops, but pl come back from the roots.

Plants are available at Carman's N sery, 16201 Mozart Ave., Los Ga Calif. 95030.

The strong, silent type.

trong

-Sink-Erator® ikes more garb- e disposers than ybody. And no nder. The grind- g ring is the ongest made. A ugh, polypro- lene shield protects against interior rrosion; automatic reversing action ubles grinding life. The instant-start, apacitor" motor runs vibration-free r years and years.

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With its exclusive mounting bracket an ISE can replace any worn-out disposer quickly, economically. There are 6 ISE models to choose from including Model 77—the world's most popular.

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Saturdays she takes blind kids on outings, other days she helps paid instructors.

ing, shopping and food planning on weekends at Florence Crittenton.

Spends 6-12 hrs./wk. answering calls and also volunteers at S.F. General Hospital.

Robert Eaton, U.S. Navy, ret.: Helps by getting veterans better jobs and appealing re-enlistment codes limiting opportunities.

Nathaniel Lewis, Pan Am Engineer: Helps by coaching basketball and filling in wherever he's needed.

Barbara Barr, Housewife: Teaches water safety and coordinates other rec. activities for blind children, 5 through 18 years.

Susan, Carol and Molly Blaisdell, Students: All work in the Recreation Center for the Handicapped with school-aged kids.

Hilde Bernal, Housewife: Helps by teaching German, her native language, to a 30-year-old Japanese woman.

Peter Field, Co-Director Haight-Ashbury Switchboard: Answers calls for help at both the Haight and Damien Switchboards.

Elizabeth Howell: Runs a crafts project for 30 patients, calls bingo games, helps with exercise classes, does bedside visiting.

George Bowles, Mech. Engr., ret.: Prepares books for the S.F. Library's annual book sale and plays piano for senior clubs.

Nadine Calligiuri, Full-time Director: She helps by setting up chapters of the non-profit "Handicapables."

These are a few of the people who are already helping. If some of them loo like your neighbors, that's because they could be. Their skills, their talents and the experience are just like the ones you have.

All we did was find a place for them. We can do the same for you.

We're the Volunteer Bureau of the Bay Area, a United Crusade agency, and because we're in constant touch with 1500 agencies, we can put you in touch wi the one that needs you the most. No matter what kind of experience you have.

We aren't looking for heroes. We're looking for help. And anyone can. Anyo

ANYONE CAN HELP. 864-4200

DON NORMARK

den frame *fits exactly over cart, s compost steady for g through hardware cloth*

It takes lumps out of compost

use compost in potting soils or fine ches, you first need to sift out un- mposed particles and lumps. The ne above offers a simple way. It's ally good for sifting rocks and clods of sand, soil and manure.

sifter is a rectangle of ½-inch mesh dware cloth tacked on a wooden ne with legs and raised sides, open ne end. A top bar extends the back out from the frame so the cart rolls er it easily.

work the compost or other materials ough with a stiff wire brush or gloved d; tilt the frame onto its hind legs to p out the unrotted pieces or rubble.

owners, Mr. and Mrs. Walker Wal- of Salt Lake City, use the sifted post mainly as potting soil for patio nts, indoor plants, and greenhouse llings. Most plants thrive in a mixture bout equal parts of sifted compost, , and sand. If your soil is naturally dy, use equal parts sifted soil and post. For plants that like extra-moist , or for places that dry out rapidly, more compost.

hough such potting mixtures are not rile or as lightweight as commercial s, many gardeners prefer them. They easier to wet, seem to dry out less ckly, and feel and smell like real soil.

ed compost is also useful as a fertile, isture-holding mulch to apply on or und low-growing, tightly knit or sely spaced ground covers—such as ga, baby's tears, dichondra, ferns, wberries, woodland plants—where can't dig in soil amendments. Scatter n a thin layer over the surface; if cessary, brush it through the foliage h your hands. □

INTRODUCING

the can that can do what the flea collar can't.

New Flea Free 30 Spray

- *Kills fleas on contact*
- *Does not irritate dog's skin as flea collars sometimes do*
- *Each treatment protects every inch of your dog for 30 days*
- *Exclusive flea-killing formula*

Now you can rid your dog of fleas more effectively than ever before, thanks to the new flea-killing power of Flea Free-30 flea spray.

Flea Free-30 offers you many advantages that flea collars simply can't offer. Flea Free-30 kills fleas on contact — collars don't. Flea Free-30 kills fleas in your pet's bedding — collars don't. Flea Free-30 is invisible — collars aren't. And Flea Free-30 is non-irritating — collars have produced skin irritation in some dogs.

Flea Free-30 is economical, too. One can provides 4 to 6 months protection for a medium sized dog.

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Get Flea Free-30 flea spray wherever fine pet products are sold.

Another fine product from Pulvex

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Keep fruit, vegetables, berries deliciously healthy. Spray at first sign of pests even up 'til day before harvest. Add new enjoyment to your garden. Bug free plants produce more and better crops.

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Also keeps roses, flowers and shrubs in bug-free, prize-winning condition.

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FRUIT and VEGETABLE SPRAY
AVAILABLE AT LEADING NURSERIES

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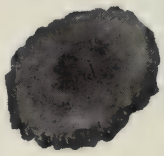

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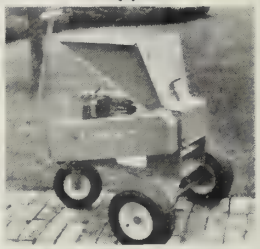

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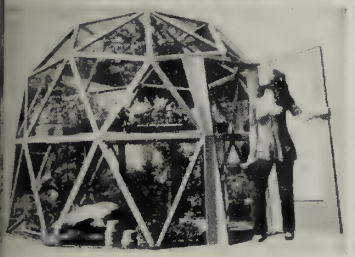

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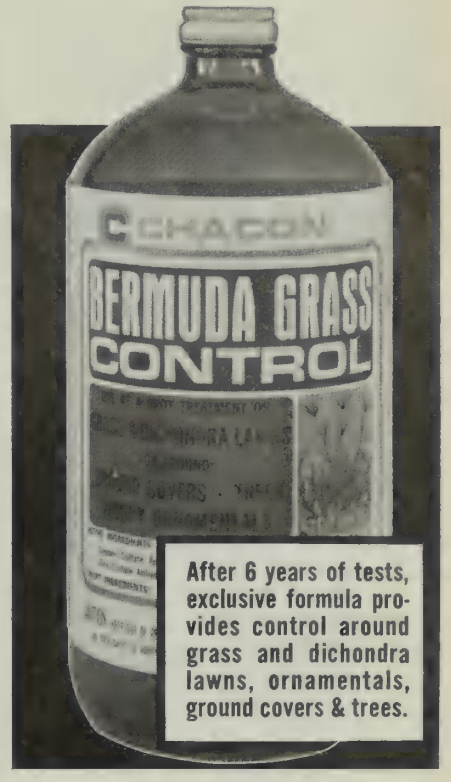

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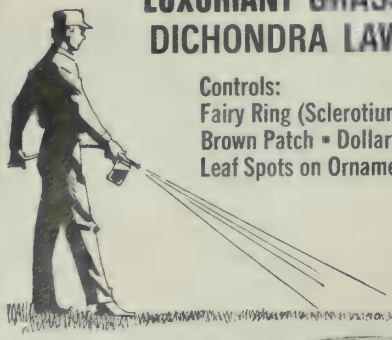

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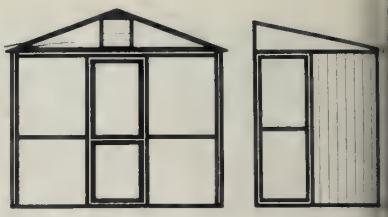

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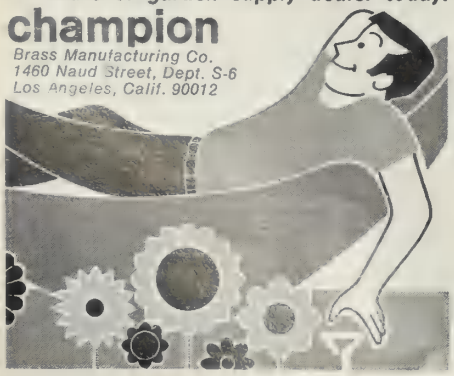

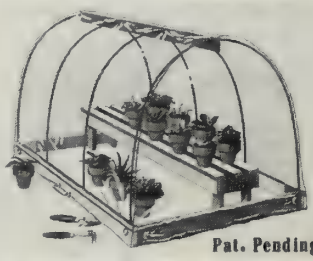

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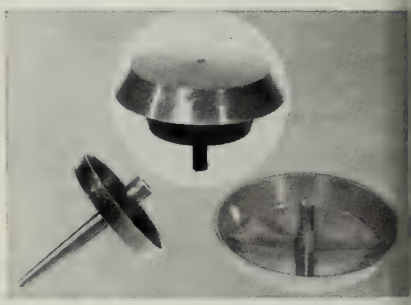

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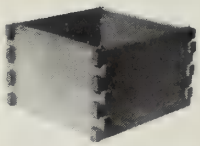

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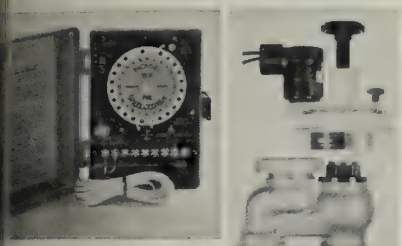

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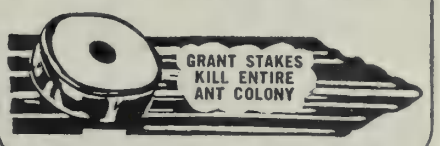

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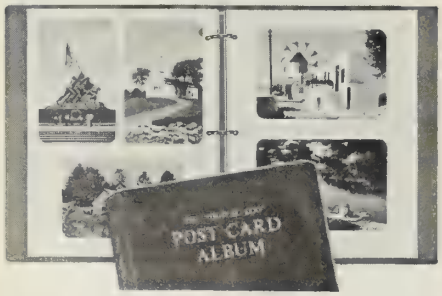

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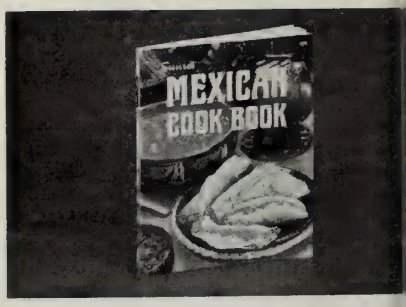

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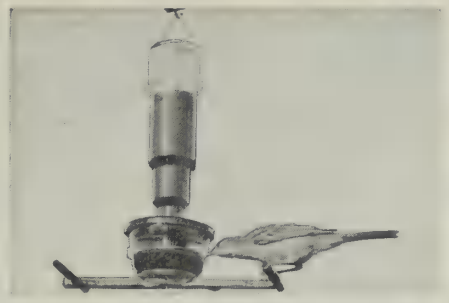

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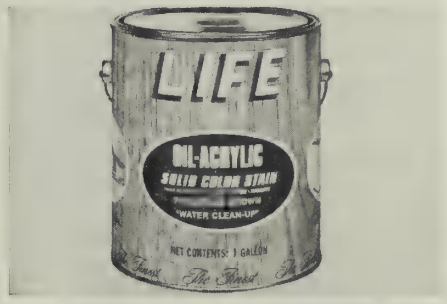

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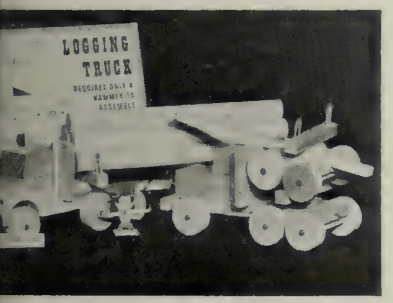

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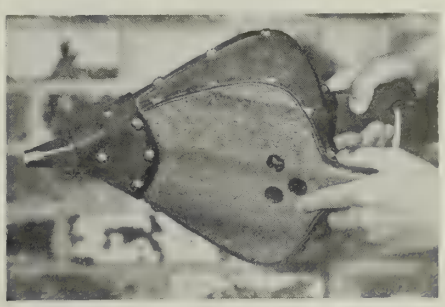

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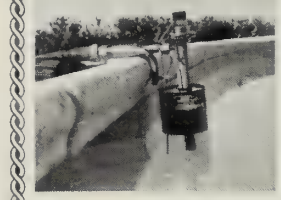

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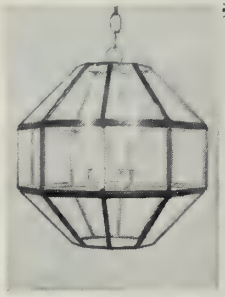

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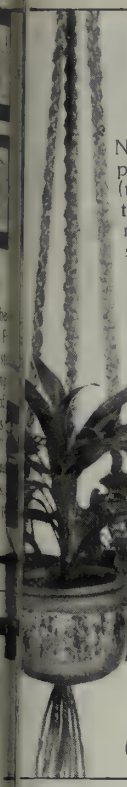

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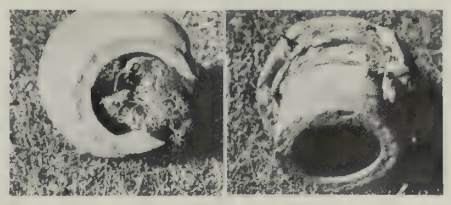

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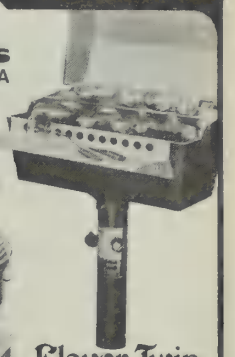

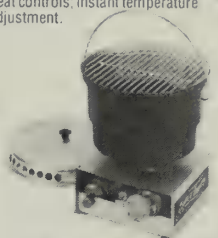

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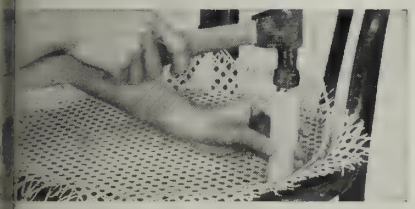

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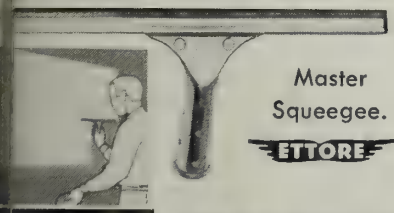

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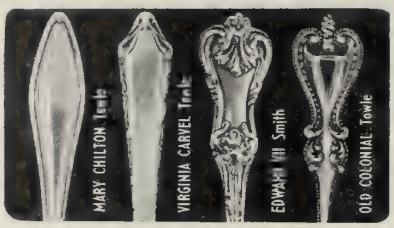

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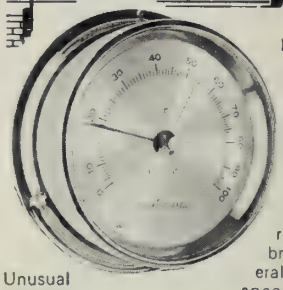

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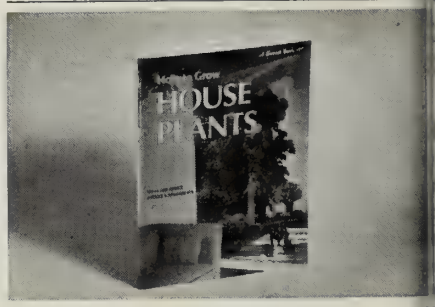

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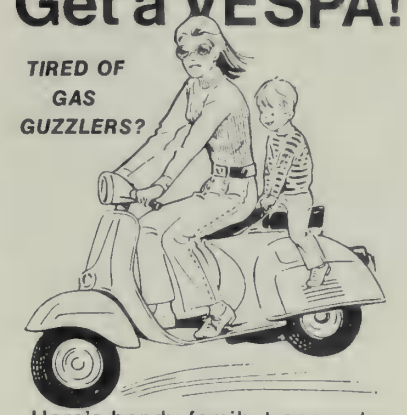

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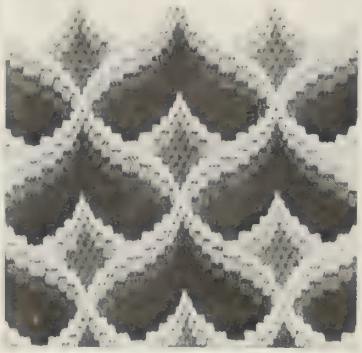

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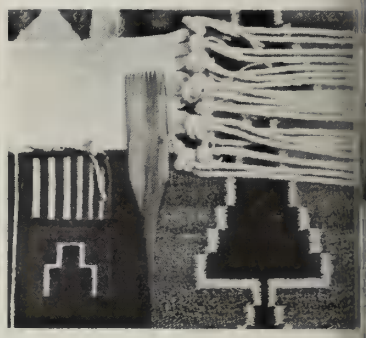

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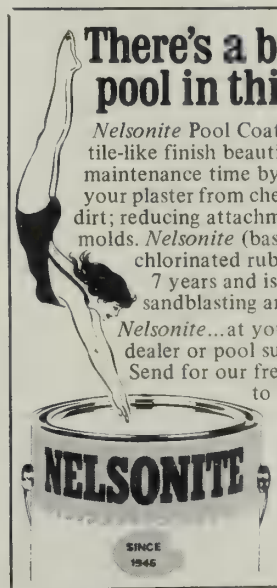

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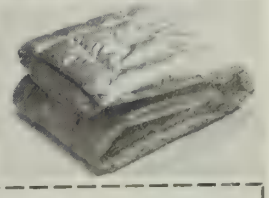

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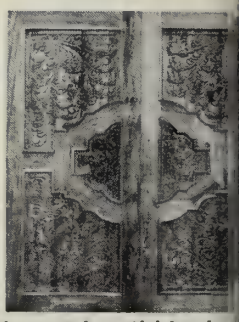

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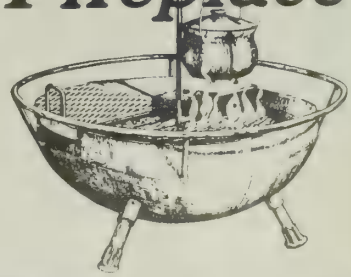

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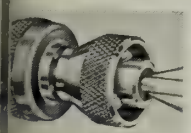

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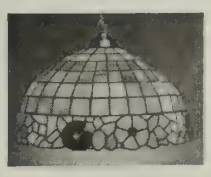

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Herb racks *hang by hooks and eyes from ceiling in warm dry hallway*

How to dry your surplus herb

If you grow herbs in the quantit shown in the garden on page 206 yo have an abundance that you can dry a store. Herbs taste best fresh, but dried leaves are handy when you're a hurry, or for potpourris, sachets, p lows, and gifts.

The racks above are a convenient w to dry quantities of herbs. They're si ply ¾-inch-diameter dowels with fo long crossbars of ⅜-inch diameter r through holes drilled every 8 inch Hang them in a dry, well-ventilat moderately warm place away from rect sunlight.

Harvest sprigs for drying whenev herbs have an abundance of folia preferably when the flowers first open the flavoring oils are most concentrat then. Harvest before midday sun vo tilizes the oils but after moisture leaves has evaporated. If you don't severely, most herbs will produce a s ond or third large harvest by fall.

Hang herbs in small bunches so they dry quickly and retain color and f grance. Wrap a rubber band around t stems, put one loop through the oth and pull tight. Hang the free loop on t rack. In three to seven days herbs will dry enough to crumble; store airtight a dark place. Check dryness after seve days. If they smell musty or moistu has condensed in the container, spre them on paper to dry for a few days.

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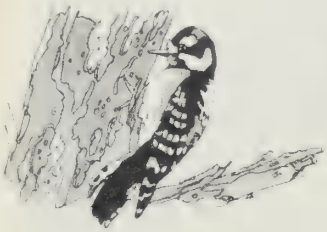
Barn swallow. *The book tells how to provide nesting sites*

Common bushtit's *hanging nest, a work of art*

Steller's jay *and scrub jay. Easy to please*



Downy woodpecker *needs a dead limb for its nest*

Cedar waxwing—*10 to 20 feed together*

Black-capped chickadee *hangs from branches searching for insects*

Mourning dove—*there's also one pictured on the book's cover (below)*

If you like the sound and presence of wild bird

Last November *Sunset* published a six-page article on *How to make your garden more bird-livable.* It told what garden plants different kinds of birds like for their fruits and for the insects on them, and it briefly described eight other ways to attract birds to your garden. Now, *Sunset Books* has added considerably to that material to make a 96-page, $1.95 book called *Attracting Birds to Your Garden.*

There have been books and pamphlets on this subject over the years, but typically you find that either their contents are extremely localized (and perhaps a little thin in places) or they deal too much with the plants and birds of eastern America.

For the land west of the Rockies, this book gives a comprehensive four-chapter treatment to the subject. Many of our exclusively Western landscaping plants happen to be favorite cafeterias for wild birds—bottlebrush, fuchsia, lantana, madrona, olive, pyracantha, and toyon to name just a few.

The drawings of birds at the top of this page are a sampling taken from the book's first chapter, "The Popular Garden Birds." It illustrates 33 such birds, each accompanied by a map showing where it lives for the full year, the summer, or the winter, depending on how nomadic it is.

Each bird also gets about half a page of text about its habits, what makes it desirable or undesirable in a garden, and general information about kinds of plants it likes for feeding, nesting, or resting.

(The brief remarks about birds' habits in the captions above were taken from the habits and general information sections for each of those birds.)

The last chapter is a turn-about companion to the first chapter. It is called "Plants Birds Like the Most." Here, you can look up a tree, shrub, or vine ground cover that you might want to use in your landscaping and find what birds come to it when and for what reasons.

Another way to use this chapter is to browse through the list of plants looking for species that local birds might like and that you'd like, too.

Under each plant, you can read what the plant looks like, how to grow it, and where to grow it. Climate zone indicators and a climate zone map tell you whether or not each plant is good for your area.

The middle two chapters tell you what extra things you can do to attract birds. One tells you different ways of supplying birds with water and supplementary food. The other deals with birdhouses—photographs and plans for 11 workable

ones. It also contains a chart showing best birdhouse dimensions, entra diameters, and heights above ground 20 common garden kinds of birds.

Half to full-page features are tucke here and there through the book: H mingbirds; Unwanted bird guests; O sional garden visitors (kinds that are likely to spend all year or a full seas but that may be seen or heard in a den once in a while); Constructin feeding table; Keeping part of your f crop (decoy fruits, covering the fr scaring devices); Plants for desert dw ers only; Annuals, perennials, and o plants (that birds like for one reason another).

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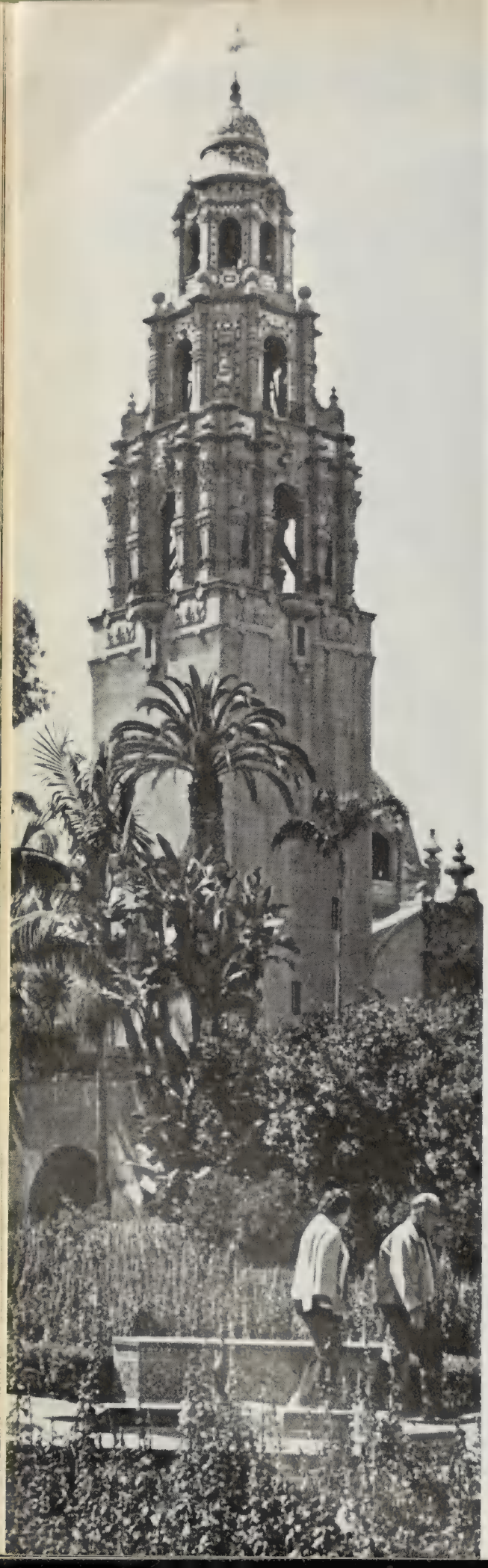

LETTER FROM *Sunset*

Expo '74 . . . and another legacy for the West

So far in the twentieth century, cities in the Western states have pu eight grand expositions, popularly called World's Fairs—including one that just opened in Spokane.

All the earlier Western fairs left permanent changes or additions ir sponsoring city. Most of these legacies are still important parts of toc scene, even though their origins may be half-forgotten.

Test your memory or historical knowledge on these Western fairs their legacies:

1905, Lewis and Clark Centennial Exposition, Portland. Hardly a of it left today. Most impressive relic was the grand Forestry Buil built with immense Douglas fir logs, one of the largest log buildings constructed. It burned in August, 1964.

1909, Alaska-Yukon Pacific Exposition, Seattle. The great benef today's spacious University of Washington campus, originally the grounds. Four buildings on the present campus date back to the 1 fair.

1915, Panama-California Exposition, San Diego. The fair site is no Balboa Park and most of the elaborate buildings in the Prado area o park are fair leftovers or reproductions.

1915, Panama-Pacific International Exposition, San Francisco. The is today's waterside Marina district. The restored Palace of Fine Ar the chief remembrance still on view.

1935, California Pacific International Exposition, San Diego. Build from the 1915 fair were augmented by new ones. Today's Globe The and Spanish Village date from 1935.

1939, Golden Gate International Exposition, San Francisco. The n made site is now Treasure Island in the middle of the Bay. In 1939 two-year-old Bay Bridge made the mid-Bay fair possible.

1962, Century 21 Exposition, Seattle. The grand result is the 73- Seattle Center, right next to downtown, complete with Space Nee Opera House, playhouse, Science Center, museums.

1974, Expo '74, Spokane. The legacy will be a dramatic downtown p containing two islands and the roaring falls of the Spokane River.

But we have a hunch that for most of our readers, what's going o this year's fair right now is probably more important than what it leave for the future. Is it worth a journey of a thousand miles or m Help in finding your answer begins on page 74. You'll notice tha with all the previous fairs in our territory, *Sunset* reporters were much on the scene.

WINDOW ON THE WEST: *Earlier legacy*

Probably San Diego's most readily recognized symbol, the California Tower in Balboa Park rises from the Museum of Man—housed in the California Building of the 1915 Exposition. Its carved openwork tiers contain a carillon that proclaims the hour and enlivens the park with a noontime concert. □

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The Magazine of Western Living

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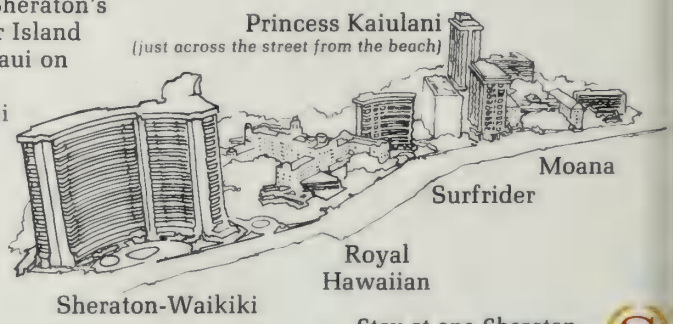

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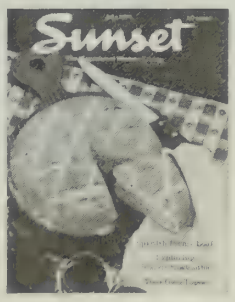

Bits of red and green peppers are distributed throughout this omelet loaf. It was inspired by a retired Spanish chef who shared with us his memories of picnics in Spain. On page 52 we describe how to prepare and serve omelet loaves for Western picnics this summer. Cover photograph by Darrow M. Watt

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July travel . . . in and beyond the West

GERALD R. FREDRICK

Berkeley *sheep doesn't seem to mind public shearing. On July 4, youngsters can watch the wool go from sheep's back to spun yarn (right)*

July 4th is sheep shearing time at Tilden Little Farm

A little farm in a meadow of Berkeley's Charles Lee Tilden Regional Park is introducing a whole new urban generation to barnyard sounds and smells.

A special treat there this Fourth of July will be demonstrations that will show the uninitiated where all sweaters used to come from. One of the sheep will be sheared—half its wool at 12:30 P.M. and the other half at 2 P.M.

Then the fleece will be divided among several craftspeople who will demonstrate how it is carded, to straighten the fibers so the wool can be spun with fewer lumps. Several people with spinning wheels will show how the next step is done. And there will be a demonstration of dyeing wool using only natural ingredients. Youngsters present will be invited to try their hands at both the carding and the spinning.

Tilden's little red and white barn, built in 1955 by a Berkeley High School carpentry class, currently houses two sheep, two pigs, five goats, two donkeys, three cows, and a hodgepodge of ducks, chickens, geese, and rabbits. For many young visitors to the farm, it's a first chance to get close enough to touch some of these farmyard creatures.

If you'd like to feed the animals, the

The hit *of our 75th anniversary open house last year. Editors put up the 20-foot tepee in 45 minutes*

Tepee testing . . . all in the day's work

It may look like an upside-down ice-cream cone or a canvas version of a space capsule, but some people call it home. A *Sunset* editor first came across a tepee-home while scouting along the Oregon coast, discovering that the two brothers living in it also made and sold tepees commercially.

Interviewing others who choose to live in the conical tents as summer or permanent homes, we found tepee dwellers on Washington's San Juan Island's, Oregon's Mount Hood, California's Santa Cruz Mountains, even the Arizona desert. A Sacramento tepee-maker gave us one to test at our Menlo Park headquarters.

The 6-page article beginning on page 66 tells you how to make your own tepee, and then how to put it up. □

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rangers suggest you bring carrot tops c lettuce trimmings (often free from gr cery stores) for the hoofed creatures, c stale bread for the ducks and chicken

The farm is open daily from 8 A.M. 1 5:30 P.M. Visitors who can spend the da might like to try some of the 10 miles c hiking trails radiating from it. One c the finest views from the entire East Ba Hills is from 1,200-foot Wildcat Pea about a 1½-hour hike from the farm on a clear day you can see from the Sa Joaquin Delta to San Jose. Free tra maps are available from the park offic across the meadow from the barn ne the picnic area.

To reach Tilden Park from Berkele follow Spruce Street northward. Tu left onto Canyon Drive and go to th bottom of the hill by the tennis court Turn left onto Park Drive; it's about block and a half to a parking area. Yo can walk from there to the farm.

Architecture display at Villa Montalvo

The newest trends in home architectu and furnishings are on exhibit in one the Bay Area's grand old mansions th month. The setting is Villa Montalv the Mediterranean-style estate built 1912 by Senator James Phelan in th foothills southwest of San Jose. It's no an arts center and public park.

From June 26 through July 7 you ca see a display devoted to the 1973-19 *Sunset* - American Institute of Architec Award winners (see page 76 of the Oct ber 1973 *Sunset*).

Among the poster-mounted display photographs and floor plans of eac award-winning house will be groupin of contemporary furniture and contain plants. The villa is open 1 to 4 P.M daily except Monday; admission is 2 cents on weekends, free on weekday The 175-acre grounds are open dai 8 A.M. to 5 P.M. without charge.

The villa is at the end of Montalvo Ro —a right turn off Saratoga - Los Gat Road just ½ mile southeast of the tow of Saratoga.

Icehouse offers public tour

Homeowners thinking of redesignin their house or redecorating a room w have on Sunday, July 28, a rare oppo tunity to tour the seven floors of the Ic house in San Francisco.

Normally open only to the desi trade, the Icehouse is a wholesale ou let for the latest types of home furnis ings, including floor and wall covering lamps and other accessories. For th tour, design vignettes will be created several floors. Open house will be fro 10 A.M. to 5 P.M.

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GARDEN CENTER
beginning page 155

WESTERN GROCERY DIRECTORY
beginning page 116

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beginning page 159

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tickets, write to Icehouse Tour, 151 Union St., San Francisco 94111. Tickets will also be available at the door.

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This year's series of performances is the eighth summer season offered by Producers Associates, Inc., a mixed group of professional actors and enthusiastic amateurs who handle the entire produ tion from props and costumes to lightir and ticket sales.

The bill changes each month: *Carniv* in July, *Desert Song* in August, ar *Brigadoon* in September. Showtime 8:30 P.M. Tickets at the gate for sing performances start at $2.50 for adult $2 for students. For reservations, wri to Producers Associates, 3300 Joaqu Miller Rd., Oakland 94602, or phoı (415) 531-9597.

To get there, take the Joaquin Mill Road exit off the Warren Freewa (State 13) and drive about a mile to tl Joaquin Miller Park entrance.

Bawdy *group taunts Aldonza in Man from La Mancha scene during last year's Woodminster Amphitheater production*

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For travel planners, a July check list

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European options. Independent travelers who want to plan their own time in Europe can join special tours that provide only transportation, transfers, and accommodations. One 16-day tour with frequent departures from Los Angeles has stops in London, Athens, Rome, and Paris, for as little as $618. Sixteen days in London, Amsterdam, Brussels, and Paris costs from $528. For details on these and other tours, contact Gateway Holidays/Globus Tours, 727 W. Seventh St., Los Angeles 90017.

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Alaska Tours. Alaska Airlines is offering short wilderness tours for Alaska visitors. You can choose among three-day raft or kayak trips for $195, two-day Arctic tours to Nome and Kotzebue for $196, three-day fishing tours from Glacier Bay Lodge from $129, three days at the Pribilof seal islands and bird rookeries for $279, or three-day hikes along Resurrection Creek Trail for $165. For details, ask Alaska Airlines or your travel agent.

Mail to Canada. Those who sent mail to a Canadian address and had their letters returned without explanation should try again. The recent Canadian mail embargo has been lifted and now your mail to Canada should go through.

What a travel agent can do for you: Provide information on tours; reserve space on air, rail, bus, and steamship lines; make hotel, ranch, and resort reservations; take care of trip planning, including side trips and special events. Travel agencies do not charge for arranging transportation or package tours, but do charge for "custom" tour service.

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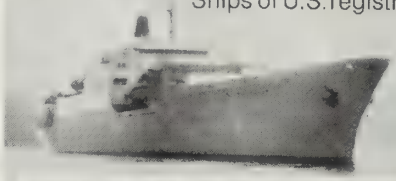

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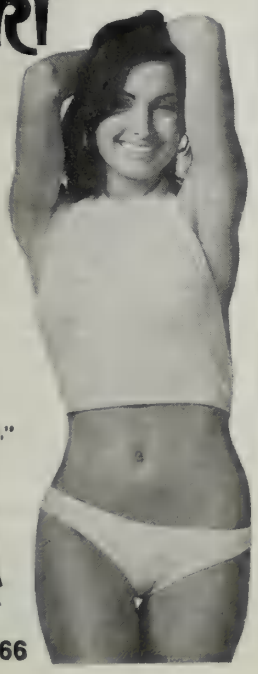

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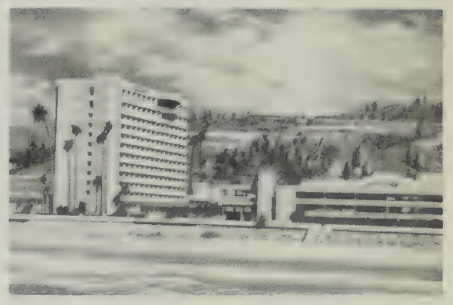

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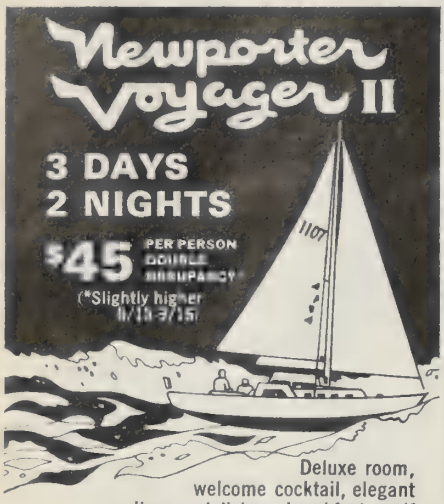
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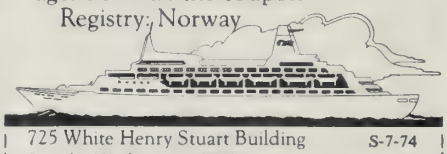

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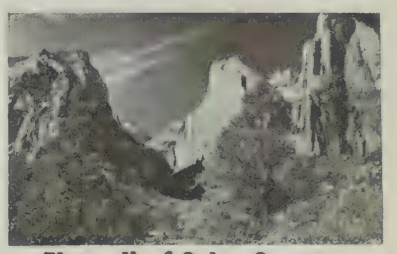

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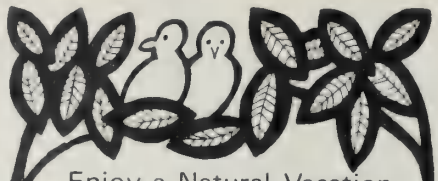

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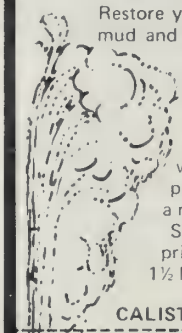

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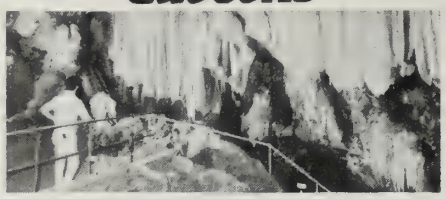

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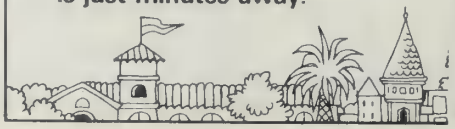

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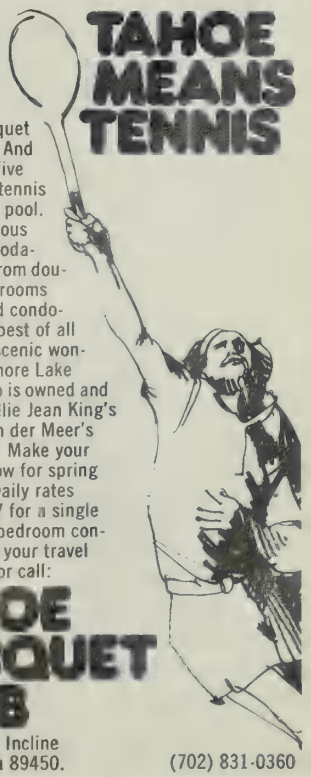

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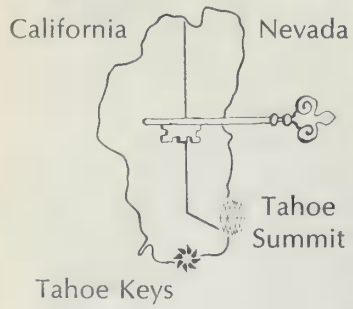

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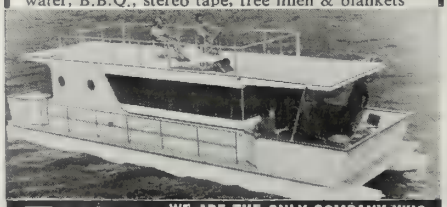

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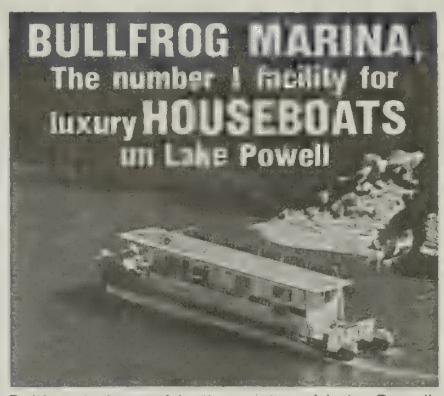
Houseboats



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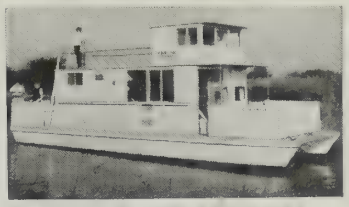

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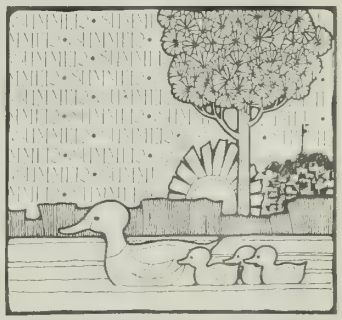

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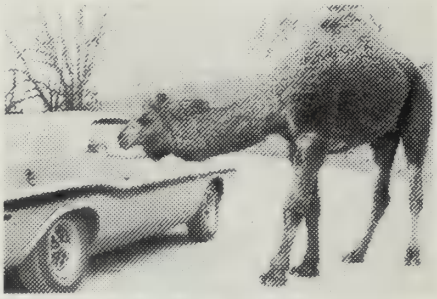

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NORMAN A. PLATE

In this cove, *some of the group took to the water; others preferred to rest in the sun on the houseboat roof*

Swimming, boating, fishing at Don Pedro in the Sierra foothills

It's shimmery-hot at Don Pedro in summer and that makes a cooling dip all the more enjoyable. Swimmers and floaters abound. Boaters often slip overboard for a midafternoon soak. Even fishermen occasionally take the plunge.

The 26-mile-long reservoir fingers its way into the hillsides to create many secluded coves. It is stocked from a nearby hatchery and there is excellent fishing for bass where streams flow in. Trout, crappie, and bluegill are also to be found. You'll find two launching ramps (fee is $1) and a limited number of boats to rent at Lake Don Pedro Marina on the south end (Star Route, Box 81, La Grange, Calif. 95329).

One unique feature of Don Pedro is its 2-acre swimming lagoon with water fountains, a raft, and a maximum depth of 6 feet. Since there is no lifeguard, children must be accompanied by adults. You'll find a changing room and snack bar there; picnic tables dot the area.

Campers have more than 400 campsites to choose from; 100 units have hookups for trailers. Household and camping supplies are available at the trading post. Other facilities include a volleyball court, baseball diamond, and horseshoe pits. Campers pay $3 a day for tent or $4 for trailer space. Day use fee is $1. For information or reservations, write to Don Pedro Recreation Agency, Box 160, La Grange, Calif. 95329.

Two campgrounds, the swimming lagoon, and most services are at the south end of the lake, 40 miles east of Modesto. Take State Highway 132 to La Grange, turn north on county road J59, and follow the signs. There is also a boat ramp, picnic area and campground on the north end off State 120, 6 miles southeast of Chinese Camp. □

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By tram over the Fraser's Hell's Gate

In a rushing muddy torrent, the Fraser bursts through the confines of Hell's Gate before subsiding to become the broad and peaceful river that flows past farmlands to Vancouver and the sea.

Travelers on the Fraser Canyon Highway (Trans-Canada 1) can now stop at a runoff 33 miles north of Hope and drop down by aerial tram to a museum, coffee shop, and vantage points by the turbulent waters. The airtram operates daily from April to October; summer hours are 8 A.M. to midnight. Round-trip fare is $2.50; $1.25 for children; maximum $7.50 per family.

The small but artfully designed free museum traces the history of Hell's Gate from early days when the Fraser salmon run was a fisherman's dream, through the catastrophic blasting for a railway in 1913 and 1914 that created virtually impassable rapids, to the eventual installation of five fishways.

At the Hell's Kitchen coffee shop in summer you can eat barbecued, fresh-caught sockeye, then walk across a footbridge for close-up views of the fish ladders and rapids. At peak runoff 200 million gallons of water churn through the chasm every minute, and the river can be 195 feet deep. □

A city in full bloom

3,000 species of tropical plants and orchid hybrids right in the heart of town. That's Botanic Gardens, a heart of green in the garden city of Singapore. Where palm trees sway on traffic islands and streets are shaded by colourful Flame of the Forest trees. Where exotic flowers blossom on street corners and pavements change from concrete to grass. Asia's cleanest greenest city.

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Despite rapid progress and urbanization, Singapore is still an island of lush green foliage, unspoilt and unpolluted.

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GERALD R. FREDRICK

Restored buildings *and gas lamps form backdrop for sack race, as Fourth of July crowds line Second Street boardwalk*

On the Fourth in Old Sacramento ... sack racing and belly dancing, stagecoaches and shootouts

The Fourth of July in Old Sacramento gives you a chance to combine old-fashioned holiday fun with a look at how the exciting redevelopment of the city's century-old birthplace is coming along.

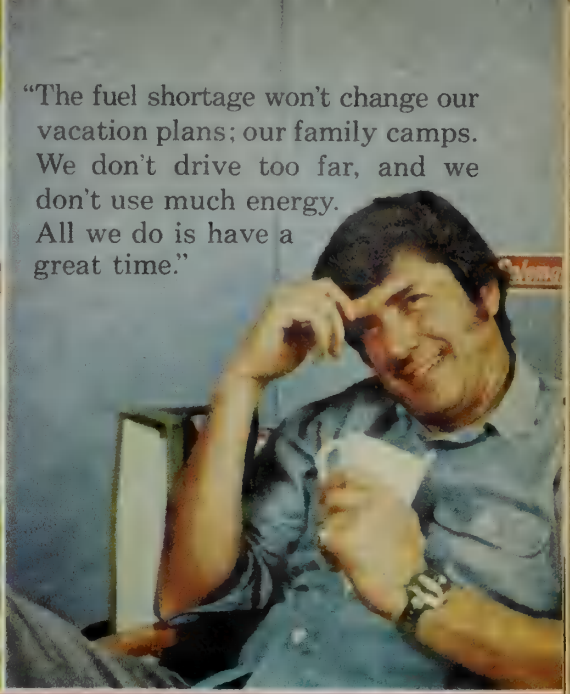
Installation of wide, new boardwalks and gas lamps has been completed in the 28-acre site, and 20 buildings have been restored. The developers' goal is 141 restorations in time for the 1976 bicentennial—including substantial progress on the adjoining Old Sacramento State Historic Park and its nearby railroading museum. (Old Sacramento's Fourth of July will be an official bicentennial event in 1976.)

There's a morning parade in downtown Sacramento on I and J streets, between 7th and 15th streets, from 10 A.M. until noon. But the real festivities are in the afternoon on the streets of Old Sacramento: pie-eating and egg-tossing contests, tugs-of-war, sack races for adults as well as children, music and dancers, shootouts by stunt men, and stagecoach rides, capped by fireworks at night. Restored buildings that have restaurants and craft shops will be open. Food and drink will be sold on the streets; all other events are free.

You should park at the municipal parking lot next to Macy's department store (20 cents per hour, $1.40 maximum) and walk to Old Sacramento's riverfront site by the K Street pedestrian walkway under Interstate Highway 5.

To reach the lot, take the 10th Street (downtown) exit from Highway 50, 80, and 99; follow 10th Street to L Street, then turn left to the lot entrance at 3rd and L streets. (If you're coming on Interstate 5, take the J Street exit; signs will lead you in.) □

Children clamber *aboard stagecoach for free ride. Below, belly dancers with snake perform at the Morse Building arcade*



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Like Gulliver *snared by Lilliputians, foundation struts of San Francisco's Transamerica Building bear rope construction made from 30 miles of sisal; by Jules and Kaethe Kliot, Jenifer Kaufman, and helpers*

GERALD R. FREDRICK

Three-story *macramé (two stories shown here) in blues, greens by Françoise Grossen hangs at 1 Embarcadero Center. Red-orange twin is nearby*

GLENN CHRISTIANSEN

It's tapestry discovery month in San Francisco

Here are 12 places to see, touch, listen, learn, even buy

he San Francisco Bay Area is rapidly ecoming the world center for a relavely new kind of art. Often called fiber rt, it can involve elements of weaving, acramé, embroidery, lace-making, uilting, and braiding—not just in wools nd silks, but in jute, hemp, wire, or even onofilament line. A huge sampling of is on display this month, along with ore traditional woven and textile orks, at shows and events in and around an Francisco.

One reason for the events is the biennial onvention of the Handweavers Guild of merica, *Convergence '74*, in San Franisco July 18 to 21. After opening day, he public may attend morning sessions t Masonic Auditorium, 1111 California.

Each afternoon at the Fairmont Hotel ou can visit demonstrations and exibits: modern and antique looms and pinning wheels, sericulture (silkworm aising), Navajo and Salish Indians weavng traditional designs on native looms, nd works by 22 member guilds from orthern California. A donation of $2 is equested. For details, call (415) 566-1644.

At the Fairmont, you can pick up a complete list of related fiber events. Here are some of the major ones—the first n Oakland, the rest in San Francisco:

Oakland Museum, 1000 Oak. One-of-akind clothing (some disposable) and fiber jewelry in a wide range of techniques and materials; July 2 to August 25.

ADI Gallery, 530 McAllister (at Van Ness). Exhibit of 18 works by 12 northern California fiber artists. Emphasis is on present-day applications of ancient techniques; July 11 to August 16.

Anneberg Gallery, 2721 Hyde (at Beach). Tapestries by Trude Guermonprez, one of the Bay Area's most distinguished weavers; July 10 to August 10.

Bank of America World Headquarters, 555 California. Contemporary tapestries from the Hurschler collection—one of the largest private collections in the West; July 1 to August 9.

Connoisseur's Gallery, 1 Embarcadero Center, second level. Traditional handmade Amish quilts; July, August.

While you're here, look at the monumental three-story works (two macramé, two woven) in the malls at 1 and 2 Embarcadero Center. The newest, installed this spring, is a vibrant red and purple piece by Lia Cook.

A block down Sacramento Street at the Hyatt Regency Hotel are six other fiber hangings on permanent display.

De Young Museum, Golden Gate Park. "Weavings from the Museum's Collection"; June 9 to September 22. The museum also has an ongoing workshop on tapestry maintenance (by appointment; call 415/558-2887), a show of denim art, and quilting workshops.

Knoll International, 732 Montgomery (at Jackson). "Fibrations" show with eight multi-piece works, featuring artists shown at the prestigious 1973 Lausanne Biennale; June 11 to July 19.

Place/Allrich Galleries, 1620 Montgomery (at Lombard). "Space Hangings" show: large works, including fanciful landscapes by Candace Crockett; through July.

The Museum Shop, 3119 Fillmore (at Greenwich). Strongly patterned tapestries made by Egyptian children; through July. Also pre-Columbian fabrics and colorful panels from the San Blas Islands off Panama.

Transamerica Building, 600 Montgomery. Outside: 80-foot-high sisal construction done in sprang, a mesh-producing technique related to plaiting; openings will be filled in by well-known artists and interested passers-by who may use material provided. Lobby exhibit will trace the uses of sprang and related techniques from ancient mummy wrappings; July 8 to August 15. □

Optical weave *in wavy black and white has won international acclaim for Berkeley artist Lia Cook. It's now displayed at Knoll International*

JOHN F. MARRIOTT

Strong images *of nature and daily life were woven into these tapestries by children working without sketches in Harrania, Egypt. They're admired by visting girls at The Museum Shop*

Feathers, beads, *and fur give this natural fiber hanging by Robert Gutman the look of an Indian headdress; displayed this month at Place/Allrich Galleries*

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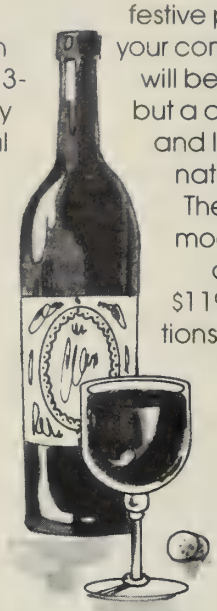

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Here's new help for Baja trip planners

Over the years, books on Baja California have covered just about every aspect from angling to mountain backpacking. This year, with the completion of the Transpeninsular Highway, portions of many of these books have suddenly become obsolete. New facilities along the paved highway permit families in cars to travel comfortably through terrain that just two years ago would have meant a major four-wheel-drive expedition.

Listed below are new guidebooks published this year that offer up-to-date information on the entire peninsula from the border to the tip at Cabo San Lucas. If you keep in mind that more facilities are being developed along the highway, these books can be good references for planning an autumn trip.

Baja, by Cliff Cross (Cliff Cross Guide Books, Box 160, Escondido, Calif. 92025; 1974; 170 pages; $3.95) is the fifth edition of a reliable guidebook by a long-time Baja traveler. This revised edition presents a wealth of information on the new highway and numerous off-road side excursions.

Along with 60 maps of roads, cities, and villages, its 450 black-and-white snapshots help give you a feeling for the country. Some of the text is in the form of a mileage log, noting accommodations, gas, and restaurant facilities as well as points of interest.

Although this is a revision, some maps haven't yet been updated to show the paved section of the road; even so, they are still useful. The book is available in some stores, or order direct from the publisher (add 50 cents for postage and handling).

The Baja Book, by Tom Miller and Elmar Baxter (Baja Trail Publications, Box 15444, Santa Ana, Calif. 92705; 1974; 176 pages; $7.95) is a new paperback just out this spring. It's written mainly as a mileage log. One good feature of this book is that along with carrying the running total mileage between two main points it also gives mileage between individual points of interest along the way. Although the text is informative, the maps are at times too general and several give incomplete directions. The book is available in bookstores or order by mail from the

(Continued on page 39)

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Chile $754 round trip air fare.

It's summer in December and January, winter in July and August. Start out in Santiago, see the port of Valparaiso and the beach resort of Vina del Mar. And try the different Chilean white wines wherever you are.

Paraguay $797 roun air f

The old Spanish charm of Asuncion, the capital, Ride a rir a-ding, 19th century trolley. Buy yourself hand-made Nanduti la Listen to an old Indian harp pla a sweet ancient strain. Venture forth into the Chaco jungle. Or p an orchid while you look down t Devil's Throat, the colossus of waterfalls called Iguassu.

Bolivia $754 round trip air fare.

Come down to earth in La Paz. Scoop up alpaca sweaters a llama rugs at some of the world' lowest prices. Tour the Colonial Museum and picturesque Indian market. Take the hydrofoil trip on Lake Titicaca where the fam reed boats are strangely like th in ancient Egypt.

Air fares listed are round trip economy class from Los Angeles for groups of at least 5 to 10 to Peru, Argentina and Brazil, staying a minimum of 7 nights and a maxin of 14 days depending on countries visited. To Paraguay, Bolivia and Chile fares are excursion rates for trips from 14 to 28 days. Tour prices shown meet the requireme for these fares and are based on double occupancy and include meals where indicated, baggage tips and airport transfers. Prices effective June 1 and subject to chan

ru $538 round trip air fare.

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Argentina is Buenos Aires, nd of the gauchos, barbecued ed wine, cruises on El Tigre – and a lot more. There's the ulio (widest avenue in the), opera house, the pink dential Palace – and dinner Boca where some say it's Year's Eve every night.

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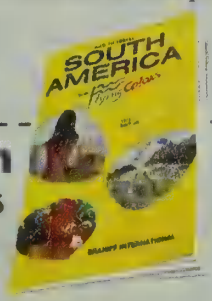
"How to Travel South America with Flying Colors." by Jim Woodman

Braniff sent veteran travel writer, Jim Woodman, on a tour of these nations and Colombia, Ecuador and Panama. The result is a vivid, personal guidebook about hotels, prices, shopping bargains, food and drink and points of interest – what you'll see and do on any of five Flying Colors vacations.



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utomobile club publications. AAA embers can ask at their local auto club ice for a free copy of three Baja pub- ations published this May by the Auto- bile Club of Southern California:

ja California, a 132-page guidebook, primarily a mileage log locating points interest, side trip turnoffs, and travel cilities such as gas, food, and other ser- es. Illustrated with maps and photo- aphs, it also gives detailed information destinations and popular activities.

ja California Accommodations is a 24- ge book listing major hotels and mo- s. It gives numbers of rooms, type of dging, and services at each hotel, and ls how to make reservations through S. representatives. A listing of rec- nmended restaurants in Tijuana and nsenada is also included. This book will updated every six months.

ja California Map, an overall road ap of the entire peninsula, shows the w highway, side roads, and the loca- ns of old missions and other points of terest. Included are city maps of juana, Mexicali, and Ensenada. □

Some Hawaiian plants can return with you

There's a reason why airline passengers leaving Hawaii for the mainland must submit plant purchases for inspection before boarding—they may contain undesirable stowaways like plant-damaging nematodes, insects, or diseases.

This is no problem if you're carrying commercially sold (and packaged) cut flowers such as anthuriums, or leis or prepackaged pineapple. They've probably already been inspected, especially if you bought them at the airport. But sometimes a more exotic plant or fruit may be confiscated moments before departure when it's too late to do anything about it.

With preplanning, however, you may bring home a wide variety of materials—some cuttings, fresh and frozen fruits, cut flowers, foliage, nuts, seeds, vegetables, rooted plants. They may need to be inspected and possibly fumigated (the cost is reasonable) a number of days before you leave.

A telephone call to a Hawaii plant inspection office (Honolulu, 533-4720; Hilo, 961-7445; Kauai, 245-6192; Maui, 244-4229) will get you the requirements. □

ALASKA

Alaska has wilderness, wildlife, fishing, glaciers, tundra. It has old Russian churches, Eskimo villages, fiords, totem poles, permafrost, northern lights, and midnight sun.

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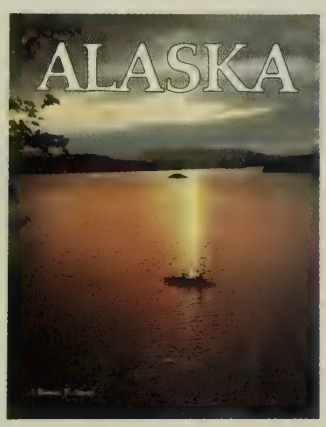

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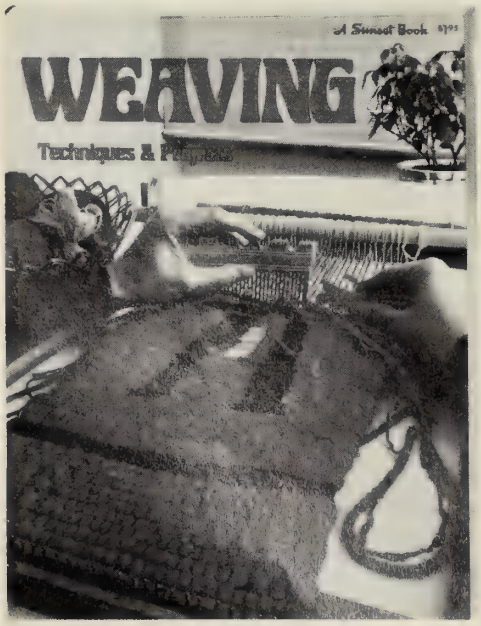

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Sunset Books

Lively *'73 jam session included Hadley Caliman, tenor sax; Luis Gasca, horn*

Again this year ... jazz in Concord

Great jazz in a grassy park where listeners can munch picnic dinners will again distinguish Concord's Summer Festival, in its sixth season, July 26, 27, and 28 and August 2, 3, and 4.

Performers will include the Preservation Hall Jazz Band, the Herb Ellis - Ray Brown Quintet, Michel Legrand, Peter Nero, the Don Ellis Band, Cal Tjader, and the Great Guitars (Herb Ellis, Barney Kessel, Charlie Byrd).

Evening concerts will be in the Concord Boulevard Park, not the incomplete $4¼-million Concord Performing Arts Center, as originally hoped.

If you're driving northbound on Interstate 680, take Ygnacio Valley Road or Treat Boulevard; southbound take Willow Pass Road. Signs point the way.

Tickets cost $4 ($2.50 for 17 and under) for seating on the grass, $5, $6, and $7.50 for reserved chairs. Send checks and stamped self-addressed envelopes to Concord Summer Festival, Box 845, Concord, Calif. 94522. □

Some listeners *picnic on the grass. This one recorded part of the show*

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Now you can have a 2-door pickup that seats a family of six! Ford's new SuperCab makes a big difference in capacity—for people or things. The rear cab floor measures 5½ ft. wide and over 2 ft. front to back. Protected, lockable space behind the front seat totals 44 cu. ft. SuperCab gives you a choice of rear seats. Pick Ford's exclusive full-width foam seat that folds flat for cargo. Or two facing jump seats that fold out of the way when not in use. Ford SuperCab pickups come with 6¾ or 8-ft. box. GVW's to 9,300 lbs. for heavy loads like slide-in campers. Economical Six or three V-8's. Quiet, carlike interiors. Try a new 2-door SuperCab pickup at your Ford Dealer's.

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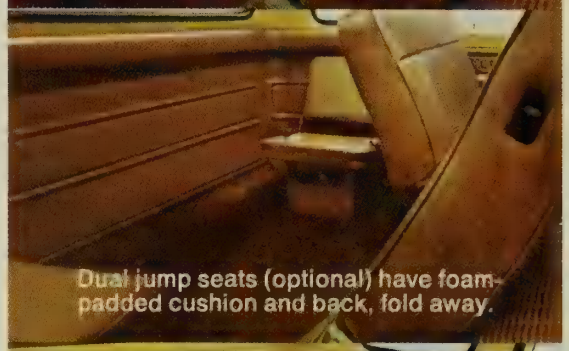

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If you're thinking about going to see some part of Latin America, come to Guatemala and see it all.

GIT tours for 4 days and 3 nights start at $196.00 from Miami and New Orleans. From Los Angeles $321.00. From Houston $253.00.

Onion-domed *Old Russian Church—circa 1880—overlooks cruise ship in harbor*

Afoot is the way to see Juneau

Clinging to forested slopes along the waters of the Inside Passage is Juneau, Alaska's capital. It's a city best experienced on foot, and now a 2½-mile walk leads you past the town's best remnants from the Gold Rush era. It takes about 1½ hours at an easy pace.

Small wooden signs mark the route and maps are available with simple directions and information about the landmarks you'll see. You'll probably be greeted by friendly Alaskans at the airport or the boat dock and given a map for the walk. If not, pick one up at the Visitor Information Center on the corner of Second and Franklin streets—a good place to start the circuitous route.

Twisting and rising streets lead pedestrians through the jumble of downtown buildings. Long, steep wooden staircases stretch between streets at different levels on the mountainside. Totem poles, quaint houses, and even a rushing creek (see if you can withstand the gold panning urge) help Juneau retain its Gold Rush flavor. And all around are the lush, damp greens and the rich woodsy smells of the far north.

Outstanding stops include the Old Russian Church, the house of Judge James Wickersham who established Alaska's first court system in 1900, the State Capitol, the Governor's mansion; the graves of Joe Juneau and Dick Harris, two of the first miners to go to Alaska; and the Alaska State Museum with its rich collection of Tlingit, Haida, Athabascan, Aleut, and Eskimo artifacts.

Though the walk is not strenuous, it does take you up some steep slopes. Light rain protection is helpful, too, in case one of Juneau's gentle summer rains rolls in off Gastineau Channel. □

If faraway vacations are out this year, Tahoe Donner is awfully close to home.

Your vacation isn't a vacation if stay home. Whatever the outcome he energy situation, you and your family still need to "get away from it all." Even for just a weekend. Vacationing *within* California is sure to pick up as gasoline sales and freeway traffic slow down.

Tahoe Donner is a $33 million resort community in the High rra overlooking Donner Lake, off erstate 80 at Truckee. It's about 200 es away from San Francisco, or a kful of gas in the average car. (There's frequent Amtrak train and bus vice to the area.)

As owners of property, a home, or ondominium at Tahoe Donner, you your family can dine in the Northods Clubhouse; play tennis and swim members of the Racquet & Swim ub; ride at the Donner Trails Stables; (and stay overnight at our own ski ge if your home isn't built yet); play f on our 18-hole championship course e front nine opens this summer); plore our 4,000 private acres of the rld's most beautiful wilderness. And only 16 miles to Lake Tahoe's exciting rth Shore, and 38 miles to Reno.

e following statement is made purant to Federal law: "Obtain the HUD operty Report (California Final Subvision Public Report) from developer d read it before signing anything. UD neither approves the erits of the offering nor the lue, if any, of the property."

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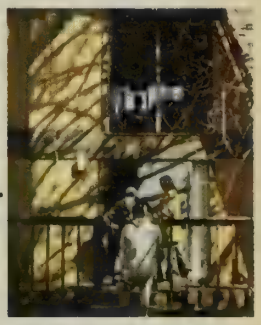
Tahoe Donner is being developed by Dart Resorts, a Division of Dart Industries Inc. which has a billion dollars in assets. Other projects are *Bear Valley*

Springs in the Tehachapi Mountains and *Silver Lakes* in the Victor Valley.



Now It's Your Turn. For more information, or to spend the night as our guest, call collect (415) 352-2810. Or mail in the coupon below. This offer is made only to persons having interest in the purchase of the property at Tahoe Donner and the financial ability to do so, should they so desire.

Donner Lake is two miles from Tahoe Donner.
Golf photo taken at Alta Sierra Golf Course, Grass Valley, CA.

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A. SALBOSA

Basket-laden *passenger heads toward Hilo-Kona bus on the Big Island*

Using the bus in the Islands

It doesn't cost much, saves gasoline, and gives you a chance to share a seat with Islanders: three good reasons to sightsee and visit by bus in Hawaii.

On Oahu, you can ride TheBus (see the September 1973 *Sunset,* page 41). One-way fare for any trip is now 25 cents.

On The Big Island of Hawaii the system includes rural buses that run between Puna, Ka'u, Hamakua, Kona (via Waimea, Honokaa), and Hilo on at least two round trips a day. Shuttle buses run between Kailua, Keauhou Bay, and Kona mountainside towns; from North Kohala towns and Honokaa to Waimea (and the Mauna Kea Beach Hotel); and between Honokaa and Waipio Valley Lookout Park. Fares run from 25 cents to $2.25.

Hilo plans to put 15 new buses into city service this summer; five will be re-creations of the town's famed sampan buses.

For Big Island schedules, write to Hawaii County Transit System, Bayfront Terminal, Mooheau Park, Hilo 96720, or call 935-8241.

On Maui, 20-passenger buses run between Lahaina and Napili Bay three times a day, stop at the Kaanapali hotels and airport, and make flagstops. They make round trips between Lahaina and Kaanapali every half hour during the day, Monday through Saturday, and every hour from late afternoon until 10 P.M. and on Sunday. Fare: 50 cents. Write Shoreline Transportation, 32A Kapunakea, Lahaina 96761, or call 661-3827.

On Kauai, buses travel between Nawiliwili and Kapahi (residential area above Kapaa). They start in each direction on the hour from 7 A.M. to 6 P.M. and make many stops along the 17-mile route—including Kapaa, Coconut Plantation, Wailua Marina, Hanamaulu, Lihue, and several hotels. Fare is by zone, 25 or 50 cents. Write to Smith's Bus Line, Box 141, Kapaa 96746, or telephone 822-3467. □

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*Rates based on double occupancy of a stateroom are effective June 15, 1974 and include fuel oil surcharge. All accommodations subject to prior sale.

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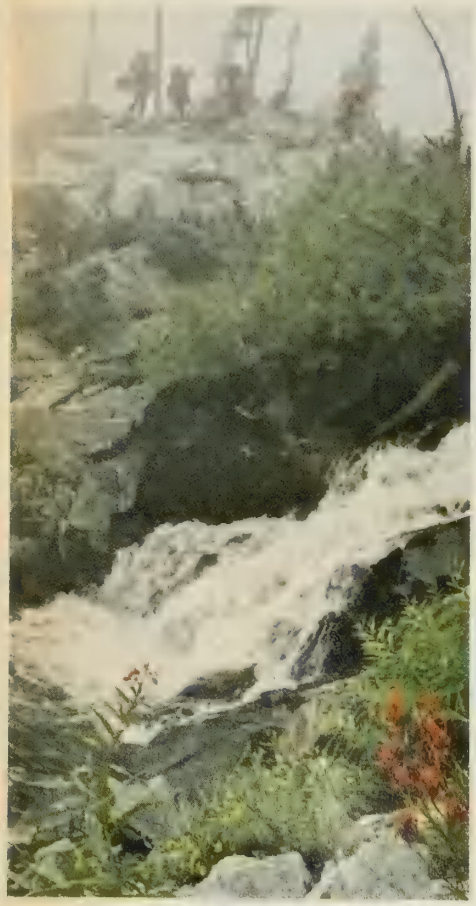
Horse-packing visitor *climbs Railroad Ridge east of Crater Lake in White Clouds area. Cloud-capped peaks rise behind, golden daisies dot meadow*

Midsummer *mountain wildflowers include this tiny gentian in the high Sawtooths*

GERALD R. FREDRICK



Early-morning mist *shrouds Sawtooth Wilderness backpackers as they hike over granite to follow stream tumbling down to Pettit Lake*

DON NORMARK

Idaho's first national park?

It may well be this glorious portion of the Sawtooths. 1974 is a very good year to discover it before the crowds do

daho has hundreds of thousands of acres natching or surpassing existing national arks in quality . . . but so far not one ational park. That could soon change.

A brand-new, 754,000-acre Sawtooth National Recreation Area has been cre-ted to protect the fragile beauty of the awtooth Mountain region, the great cenic treasure in south-central Idaho. And Congress will be getting a report on s national park potential later this year.

This summer is a good time to explore he area—before the big crowds come.

The Sawtooths are well named: Hun-lreds of sharp granite spires poke oward the sky like teeth on an enor-nous two-man crosscut saw. Rising bruptly next to the broad-meadowed Sawtooth Valley that borders them, hey're an ever-present backdrop.

The greatest discoveries this area offers ren't visible from Sawtooth Valley. They are reserved for high-country hikers and horse-packers who explore he hundreds of miles of trails among he peaks, wooded valleys, and gemlike alpine lakes. But a trail trip isn't neces-sary to enjoy a number of other activi-ties: boating, swimming, river-running in your own kayak or canoe, or by commercial float raft), horseback riding, and bicycling in brisk mountain air. Fishing is good in most lakes and streams, and crowds of eager anglers line the Salmon River during the chi-nook salmon run that usually lasts through July.

Time has favored the Sawtooth region; today's visitors can still see remnants and reminders of its gold rush and fron-tier days. You can stay at a guest ranch, explore ghost towns, and cut loose at the near-legendary Saturday night "stomp" in rustic Stanley (population 47), the area's social center.

There are three distinct parts to the National Recreation Area (administered by the National Forest Service). Many Westerners have visited the broad, 30-mile-long Sawtooth Valley in its mid-dle. Some have hiked through the 216,-000-acre Sawtooth Wilderness portion to the west of the valley. But few—even Idahoans—have explored the surprising White Cloud Peaks area to the east.

The Sawtooth Valley

The Sawtooth Valley and Stanley Basin are the centers of activity. The major developed campgrounds are here, next to the larger lakes and along the Salmon River east of Stanley, and so are most of the visitors. Other campsites are up the rocky Yankee Fork of the Salmon and along State Highway 21, a slow but scenic back route to Boise through Idaho City. (*Sunset Western Campsites 1974* can guide you to the best spots; better hunt out a site early on summer days.) Aside from those in Stanley, there

How long a drive? *This map shows the road miles from principal cities to Stanley in Sawtooth National Recreation Area.*

From Seattle and Spokane, *take Interstate 90 east across the Idaho panhandle to Missoula, Montana, then follow U.S. 93 south across the shoulder of the Continental Divide to Stanley. (U.S. 93 is a good, scenic northbound route for visitors from the Southwest who detour on their way to Expo '74.)*

From Portland, *take I-80N through Boise to Twin Falls, then pick up U.S. 93. (To save an hour, turn from 80N onto Idaho 20, westbound through Fairfield, at Mountain Home; it joins U.S. 93 between Twin Falls and Stanley.)*

From San Francisco, *take I-80 to its Junction with U.S. 93 in Wells, Nevada.*

From Los Angeles, *take I-15 to Salt Lake City, then I-80N to Twin Falls.*

From Phoenix, *take I-17, then U.S. 99 and I-15 through Salt Lake City.*

are few motels north of Ketchum.

Except for Galena summit just north Ketchum, U.S. 93 is flat and smoc good for day-trip bicycling if you ware of traffic on tight curves with n row shoulders. Water sports are p ular on Alturas, Redfish, and Stan lakes. At the visitor center at Redf Lake you can watch slide shows a join guided tours. You have great vie of the Sawtooth peaks from almost a where in the valley, but low footh hide the brooding White Clouds.

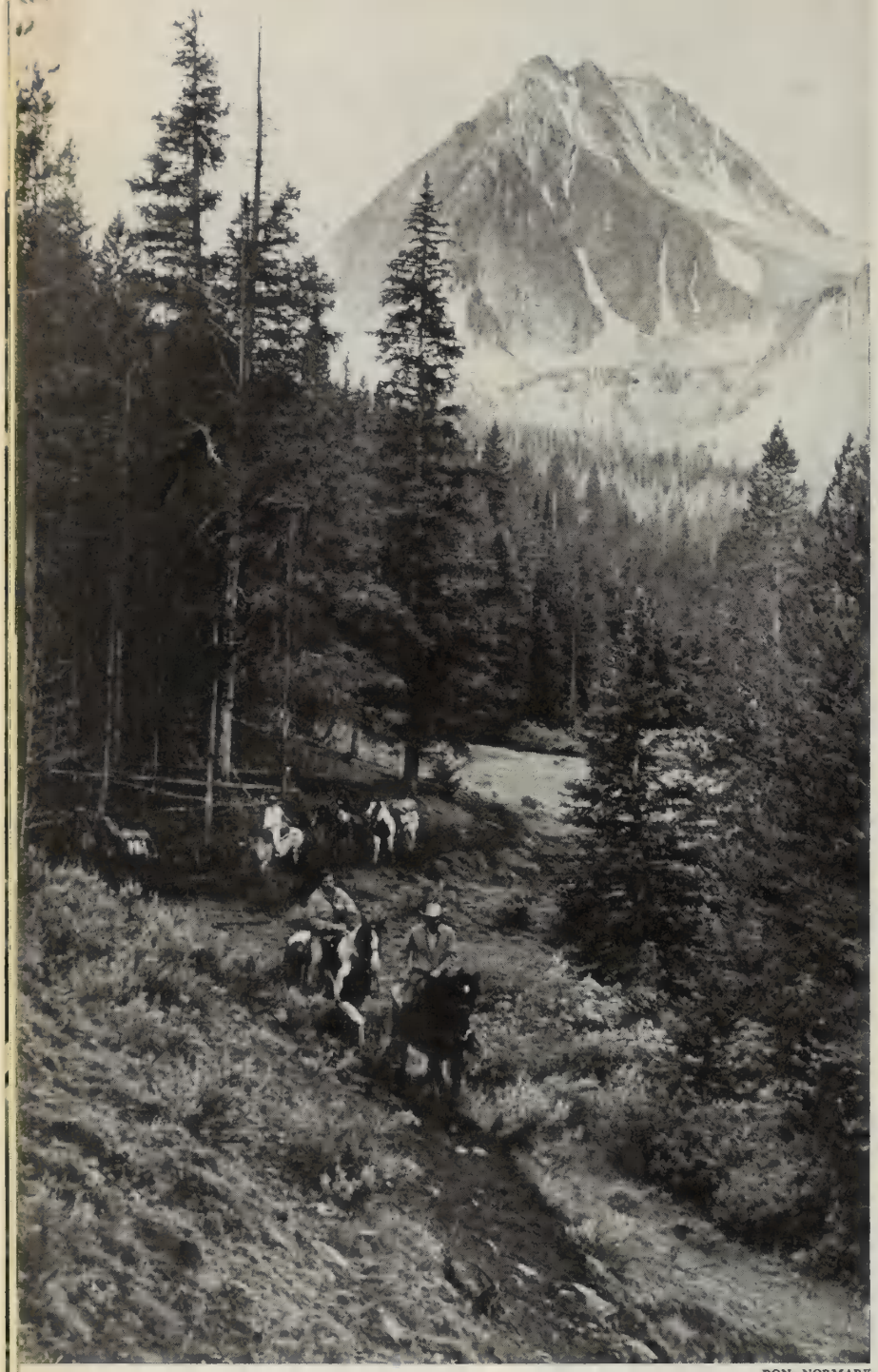
The valley is still used for sheep a cattle grazing. Some of the limited tac development activity will be elimina under the new Recreation Area rul

From Sunbeam, you can detour by 10 miles up the Yankee Fork of Salmon to an early-day mining muse in the ghost town of Custer. The Yank Fork was a booming mining center the 1880's; the riverbed was later r aged by dredging (an old dredge s abandoned near Custer).

The Sawtooth Wilderness

With numerous peaks over 10,000 fe the Sawtooth Wilderness and Wh Clouds can provide memorable hiki experiences. Hundreds of crystalli lakes nestle among the glacier-carv peaks; some lie in chains connected just a few feet of rushing mounta stream. Wildlife abounds; you may s deer, elk, mountain goats, bighc sheep, and, less often, black bear a bobcats. Trail bike use is restricted designated lowland trails.

Our map shows the side roads that le to major Sawtooth Wilderness tra heads. Primary entrances are at Altur Pettit, Yellow Belly, and Stanley lak plus Iron Creek from the east; a from Grandjean, off State Route 2 from the west. Although hikers have



DON NORMARK

Castle Peak looms large *behind visitors with pack string heading home down Little Boulder Creek trail*

You can skirt and circle by car . . . but you best experience the wilderness afoot or on horseback

Just-caught *breakfast trout sizzle in pan over campfire*

Sawtooth National Recreation Area *is just north of Ketchum-Sun Valley resort area. Sawtooth Valley divides it down the middle; Sawtooth Wilderness portion is west of the valley, White Cloud Peaks and Boulder Mountains are east. U.S. 93 follows the Salmon River north (downstream) to Stanley, then east through Clayton. Short side roads lead to major high-mountain trailheads*

choice of some 300 miles of trail—plus numerous trailless routes—between peaks, lakes, and lowlands, traffic on some wilderness trails can be heavy during the summer. To help protect the wilderness from overuse, check with a ranger to find attractive alternative routes. You can get information at the NRA headquarters (3 miles south of Ketchum), the Stanley Ranger Station (3 miles south of Stanley), or the Redfish Lake Visitor Center.

The White Cloud Peaks

Primary road entrances to the White Clouds are Fourth of July Creek from the west (this rugged access road may be difficult for low-slung cars), Slate Creek from the north, and Big and Little Boulder creeks from the east, along the East Fork of the Salmon.

The White Clouds are the area's real discovery, and you should find no back-country crowds there. Despite their size and beauty, they're virtually hidden from the highway and were little-known even to most Idahoans before they became the center of a mining controversy in the late 1960's. During a four-day horseback reconnaissance along the length of the White Clouds last summer, a *Sunset* reporting team saw fewer than 10 other persons.

The fight over whether to allow molybdenum mining—including the building of access roads and waste ponds, and peeling ore off the shoulder of awesome Castle Peak—was the major issue in the state's 1970 elections and helped speed creation of the National Recreation Area. Some mining activity is still permitted, but conservationists hope that major disruption of the area has been averted.

The most scenic White Clouds hiking routes are up Big Boulder Creek to the Big Boulder Lakes (5 miles from trailhead) and to Frog Lake, and up Little Boulder Creek to the Boulder Chain Lakes and Castle Peak (about 8 miles).

Be sure to pick up a map and back-country hiking rules for either the Sawtooths or White Clouds before you go in; it's particularly important to camp well away from the easily-damaged shores of small lakes. Sign your name in the log at the trailhead; groups of 10 hikers or more will need a free use permit for the Sawtooth Wilderness.

The mountains' white clouds frequently turn gray: Short but drenching, windy thunderstorms are common in midafter-

Pocatello artist *sketches tree with stub of charcoal. He spent all summer drawing in remote White Clouds*

GERALD R. FREDRICK

First-day woes: *Hiker gets a blister bandaged at camp on Sawtooth trail*

As afternoon clouds *gather, hikers cross ridge to Twin Lakes in Sawtooth Wilderness*

Swimmer dives *into Toxaway Lake, nestled among sharp peaks of the Sawtooths. High-mountain water is refreshing, but very cold*

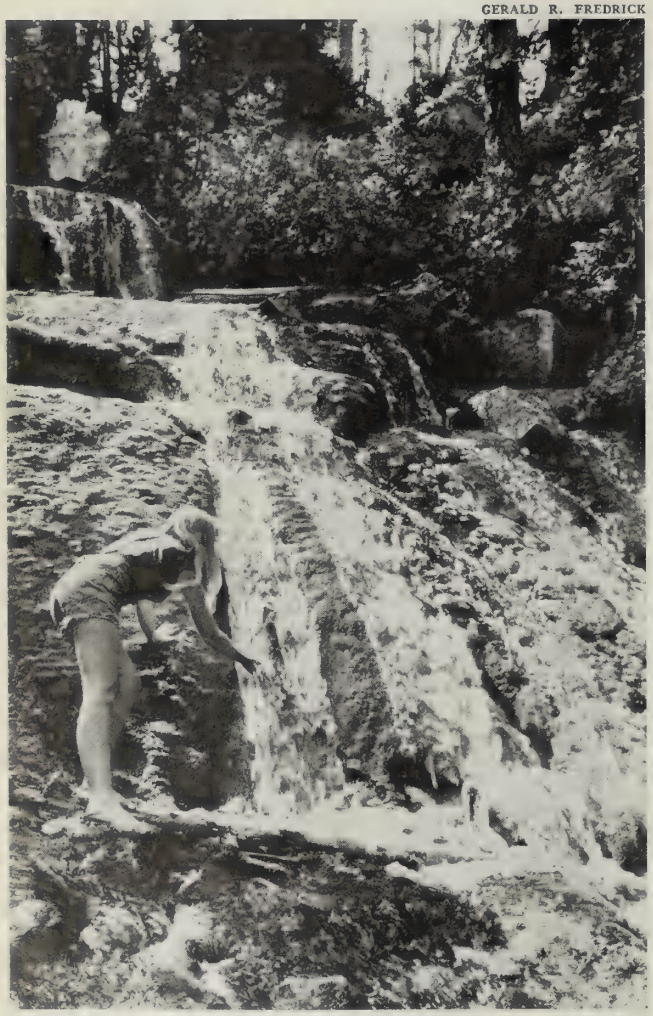
noon and during the night, so you'll ne protection. Temperatures in the hi country can dip below freezing on most any summer night.

Fishing

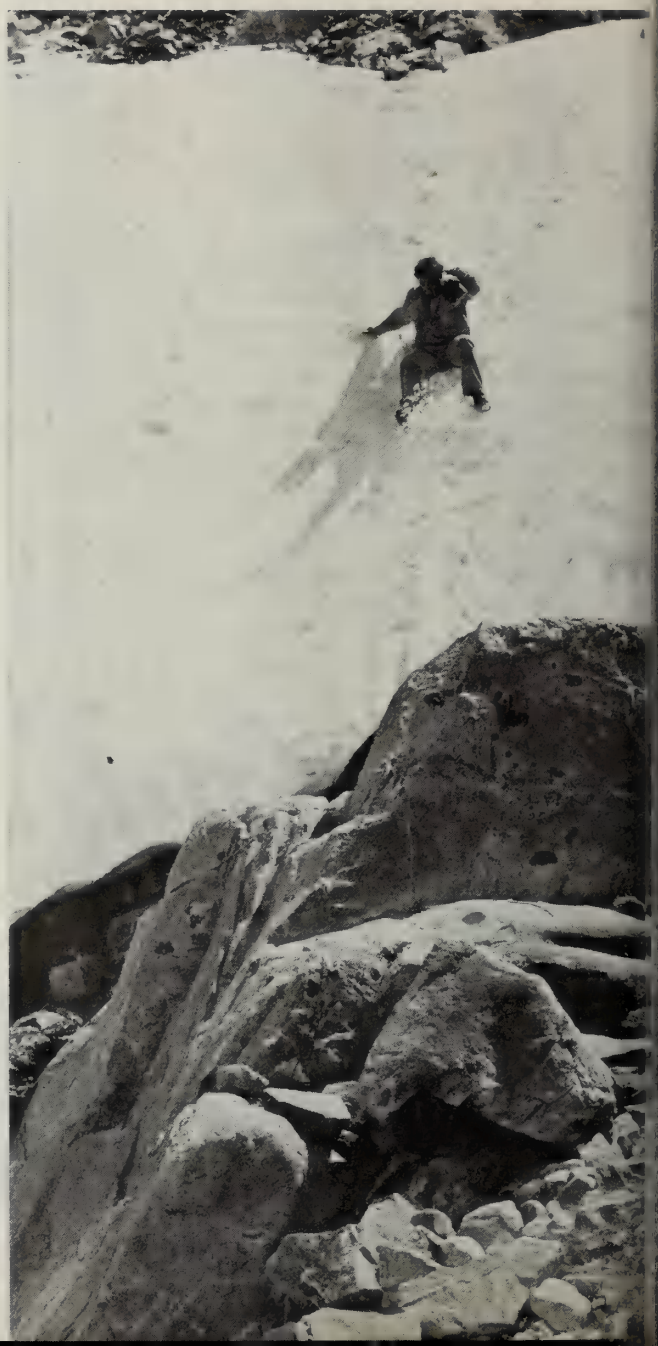
Some mountain lakes and streams a too shallow and infertile to sustain fis but many are stocked by helicopter a most offer good fishing—some are ev so clear that you can see fish raci toward your bait. Most common catch are cutthroat, rainbow, and occasiona Dolly Varden and California gold trout, generally small. Natural lur (grasshoppers or worms) or small fli work well.

A non-resident fishing license, sold most sporting goods and bait sho costs $5 for seven days, $2 for one da Pick up a free copy of state fishing re ulations with your license. Non-reside

GERALD R. FREDRICK



Barefoot climb *brought her to waterfall entering west end of Toxaway Lake*



Slide in snow *refreshes hiker near Castle Peak. Spring comes late to the high country—about July 1—and many snowbanks remain year-round. First snow flurries start again in mid-September*

hildren under 14 don't need a license hen fishing with an adult.

salmon permit costs an extra $1. This ear's chinook run looks relatively poor; e season that normally runs through ly 31 may be shortened. Salmon don't t while working their way upstream spawn, so you have to take the bait ght to them. Try a wad of salmon eggs ed with red yarn: pull the bait across eep ripples to irritate the fish, and reel in the instant the salmon strikes. The main salmon area is east of Stanley.

Before you go

For more information on the Sawtooth National Recreation Area, write to the Headquarters, Box 438, Ketchum, Idaho 83340; specify any areas or activities you're particularly interested in.

For a list of guest ranches, packers, and float outfitters, write to Idaho Division of Tourism and Industry, Room 108, Capitol Building, Boise 83702.

There's a good way to preview or sum up your Sawtooths experience: a breathtaking 2-hour fly-over by small plane that includes a stop for a hearty guest-ranch meal. Cost: about $25 for adults, less for children. For information, phone Sun Valley Key air service at the Hailey Airport 11 miles south of Ketchum, (208) 788-4501. □

There is ice water everywhere for fishermen, boatmen, and even for swimmers

DON NORMARK

Helmeted *novices practice kayaking in Salmon River near Sunbeam*

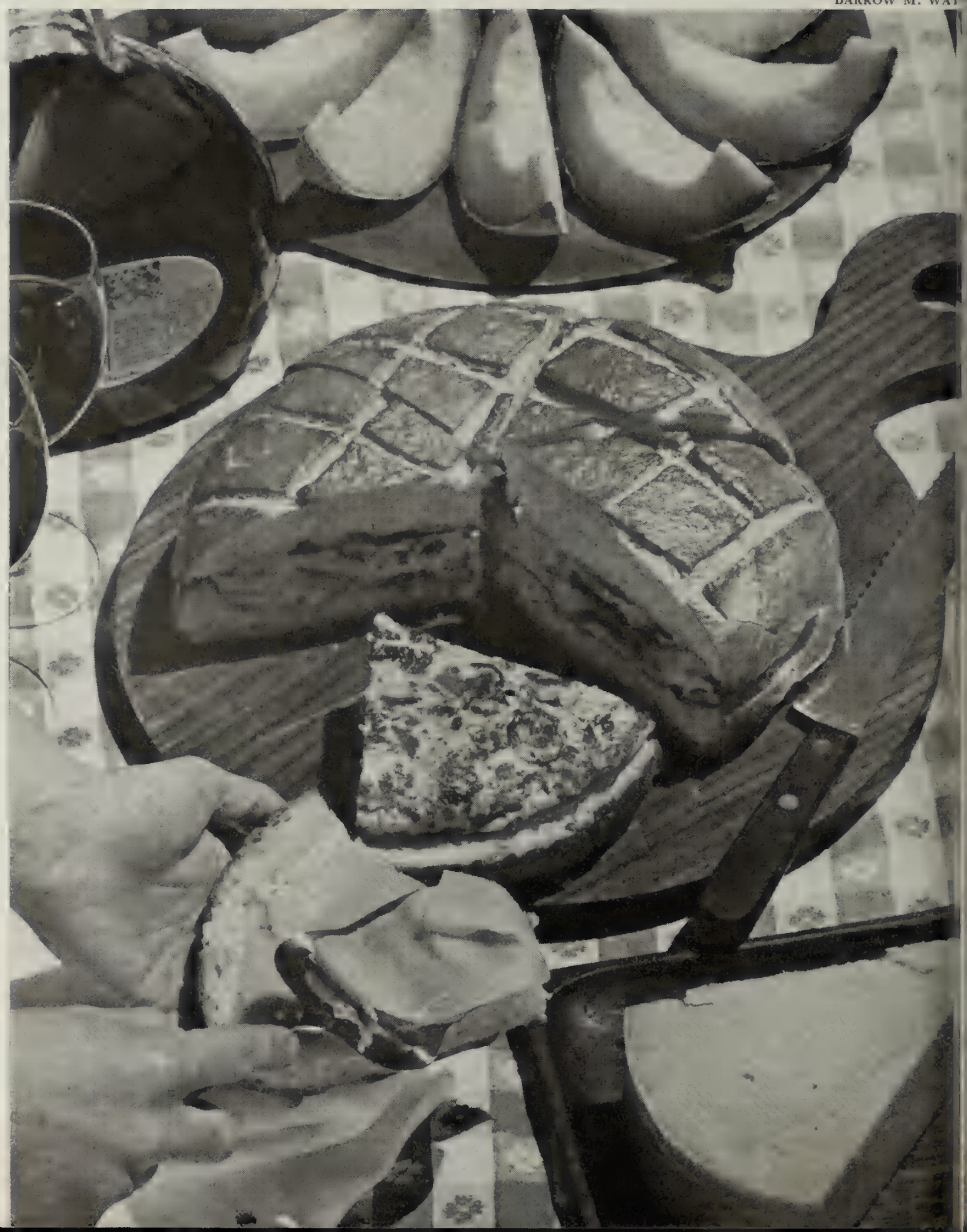
Family relaxes *as guide works the rudders on float raft that was launched near Stanley. There are rapids, but most of the river is lazy*

Man stalks trout *at Crater Lake in shadow of "Chinese Wall" in White Clouds. Some lakes are shallow and infertile, but most have fish*

Señor Fernandez's mid-air omelet flip indeed can be risky but there is an easier way to turn it

Spanish chef demonstrates *his expertise at flipping the omelet. It fits into the hollowed-out center of a round loaf of French bread and gets topped by the top half. You can make it hours ahead; flavorful juices will seep into the bread*

DARROW M. WAT



Cut loaf *into wedges and eat open-faced. It's traditional to layer slices of cheese on the turned-over top piece. A jug of wine and fruit complete the menu*

When Señor Manuel Fernandez, a retired chef, visited our kitchens recently, he told of his boyhood in Spain, recalling with fond memories an omelet-filled loaf that went along on most family picnics or trips by train.

After living in this country for many years, he now makes Spanish omelet loaves for his grandchildren, who love them just as he did. And under his tutelage we've developed two kinds for your picnics this summer.

Each is a variation of the Spanish-style omelet filled with potatoes and onions called *tortilla de patatas*—but unlike any tortilla that Westerners know. Spanish families typically serve it nestled inside a big round loaf of French bread.

What makes the omelet-filled loaves so ideal for picnics is that they actually improve with standing—allowing the juices and flavors of the omelet to permeate the bread. Wrap prepared loaves in several thicknesses of foil to keep warm up to 4 hours. Or if you prefer, make them a day ahead of time, wrap in foil, and refrigerate. Then before leaving for a picnic, place the wrapped loaf in a 400° oven for 25 to 30 minutes to heat it through.

You'll need a 10-inch frying pan (or omelet pan) that is well-seasoned or has a nonstick fluorocarbon finish. To cook the thick omelet on both sides, it must be turned midway in the cooking. But a fail-safe alternative to Señor Fernandez's mid-air flip is described in the recipe. You will need to hold the pan in one hand to invert it, so unless you have a strong wrist, a cast-iron pan may be too heavy.

Our first recipe has green and red peppers and sausage added to an otherwise typical Spanish omelet. If your market doesn't carry red bell peppers in the produce department, you can use a 4-ounce jar of roasted red peppers or pimientos (drained and chopped). You can also substitute linguica or pepperoni if you are unable to buy chorizo sausage. Since pepperoni is precooked, simply add it to the omelet mixture along with the chopped peppers.

Spanish Omelet Picnic Loaf

- 1 large round sourdough French bread (about 10 to 12 inches in diameter)
- About 4 tablespoons olive oil
- About 10 ounces chorizo sausage
- 1 large new potato, cooked
- 1 medium-sized onion, finely chopped
- 1 clove garlic, minced or mashed
- 1 medium-sized green pepper, chopped
- 1 medium-sized red bell pepper, chopped
- 9 eggs
- ¾ teaspoon salt
- ¼ teaspoon pepper

With a long serrated knife, split bread in half horizontally. Partially hollow centers of halves, leaving a 1-inch border. Brush cut surfaces with about 1 tablespoon of the olive oil. Reassemble loaf, wrap in foil, and keep warm in a 300° oven while preparing omelet.

In a 10-inch omelet or frying pan, crumble chorizo, discarding casing, and sauté until lightly browned. Remove sausage with slotted spoon and drain; discard drippings. Peel and thinly slice potato. Heat 1 tablespoon of the olive oil in pan over medium-high heat; add potato, onion, and garlic and cook, turning often, until nicely browned, about 3 minutes. Add green and red peppers and cook for 1 minute longer; stir in sausage and set off heat.

With a fork, beat the eggs with salt and pepper. Return the omelet pan to medium heat, and push potato mixture to one side and drizzle 1 tablespoon olive oil over pan bottom. Redistribute vegetables in pan and pour in eggs. As the edges begin to set, push toward center and shake pan vigorously to allow uncooked egg to flow underneath.

Cook omelet until top is just set but appears moist, and the bottom is lightly browned; it takes about 5 minutes. To turn omelet, run a wide pancake turner around edge and under it to loosen. Invert a plate or rimless baking sheet over omelet, and with one hand on the plate, the other gripping pan handle, quickly invert pan, turning omelet out onto the plate. Add remaining tablespoon oil to pan, return to medium heat, and gently slide omelet back into pan. Cook until lightly browned on second side, about 2 minutes; set off heat.

Remove bread from oven and open out. Invert bottom half of loaf over top of omelet, then quickly invert pan, turning omelet out onto loaf. Replace top of bread and wrap in several thicknesses of foil to keep warm up to 4 hours. Or refrigerate the wrapped loaf and reheat in a 400° oven for 25 to 30 minutes or until omelet is hot and steamy. Makes about 6 servings.

This recipe has mushrooms, green onion, and ham cooked in the omelet.

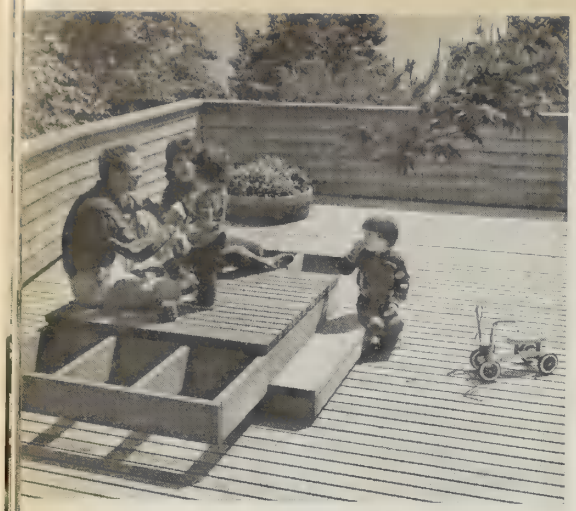
Ham and Mushroom Omelet Loaf

Prepare a round loaf of French bread as for the first recipe and heat as directed.

For the omelet, heat 1 tablespoon olive oil over medium heat in a 10-inch omelet or frying pan; add 10 ounces ham (cut into ½-inch cubes) and sauté until lightly browned. Remove ham from pan and set aside. Add 2 tablespoons olive oil to pan and sauté ½ pound mushrooms (thinly sliced) and 1 clove garlic (minced or mashed) until mushrooms are limp; cook over high heat until liquid evaporates. Set pan off heat and stir in ½ cup thinly sliced green onions and the ham cubes.

With a fork, beat 9 eggs with ¾ teaspoon salt and ¼ teaspoon pepper. Return omelet pan to medium heat, drizzle 1 tablespoon olive oil over pan bottom, and redistribute ham mixture in pan. Pour in eggs and finish as directed for first recipe. □

Spanish picnic loaf keeps warm four hours, serves six deliciously



Jill's sandbox *looks like this when the cover is closed to keep out rain, cats, and dogs or to make a sitting-playing deck*

Two-piece cover *lifts to the sides when it's time for sand play*

Now *Jill and her friend can climb in and go to work. Spilled sand falls between boards to ivy-covered slope below*

DON NORMARK

Not all sandboxes are just boxes

Consider the sand tire, the sand table, the bench box, the swing box

NICK JANKOWSKI

Recycled tractor tire *holds six 100-pound sacks of fine sand, more than enough to keep young Jamey happy and busy. He can sit on the sturdy, resilient sides. His dad sawed out the tire opening to enlarge it*

DARROW M. WATT

Sand play area *on paved terrace was originally designed as space for planting a tree. The bench, low enough to be comfortable for children, is open below so spilled sand can be swept back in*

NORMAN A. PLATE

Elevated sandbox, *4 feet wide and 8 feet long, stands 24 inches off the ground. Built of 1 by 12-inch redwood, it's big enough for a seven-year-old to let his imagination run loose*

She's swinging out *over her sandbox, built into a shaded play deck designed by Thomas Gallup of Cupertino, California*

PETER O. WHITELEY

To the children who play in them, sand is the important thing about sandboxes but parents have a way of thinking up some happy refinements.

Two-year-old Jill's sandbox, at left above, was designed by Seattle architect Carlton W. Kovell as part of a deck, anticipating a time when she will have outgrown sand play. Then the 4 by 4-foot box can be planted with flowers.

Using a worn-out tractor tire as a sand vessel was the brainstorm of Mary Ellen Harris of Eugene. Son Jamey, age three, has no trouble hopping in and out. His father used a saber saw to cut around the rim enlarging the hole in the tire.

Above, a bench on a paved terrace frames a sand play area and prevents people from stumbling into it. The bench is for sitting, but four-year-old Claire considers it a fine drag strip for toy cars.

In the small picture, Grant, seven, stands beside his elevated sandbox to build a roadway. At right, a sandbox shares space with a swing.

Relatively fine sand is best. A 100-pound sack, containing a little over 1 cubic foot, costs $1 or more a sack. Cost per cubic foot goes down a little if you buy a larger quantity and have it delivered. To figure the cubic footage of sand needed, just multiply the length by the width by about ⅔ the depth of the play space you want to fill. □

NORMAN A. P

Now *the black-painted p has become a jungly lagoon w waterfalls, rock edg tropical-looking pl*

DON MOHLER

Three years ago *it was an ordinary sky-blue swimming pool with concrete deck*

Backyard poo

Stepping into the garden created by the Don Mohlers of Phoenix is almost like taking a trip to the South Seas. The garden's swimming pool looks like a dark rock-rimmed lagoon, with a gently trickling waterfall and a virtual jungle of plants around it. The illusion is strong enough to make you forget that this lush garden is really in the heart of the desert. It's no wonder that the Mohlers call it a paradise.

The wide variety of plants gives the impression of a jungle, but you'd never expect to find agaves, aloes, bananas, oleanders, palms, sedums, and yuccas growing together in a real jungle. The very useful oleanders make a tall dense screen that gives privacy, creates shade, makes a lush backgrou and deflects the wind. (For more information about some the plants in the garden, see above.)

Because he grows his tropical plants, especially the palms, containers, Mr. Mohler can maintain types of plants t usually do well only in the mild coastal climate around S Diego where he bought many of them. From time to time, moves the plants to protect them from too much hot sun a occasional winter frosts. All permanent plantings are wate by a system of plastic pipes and tubing.

Structural changes were equally important to this garden–

Here are nine plants in their jungle

Banana *(Musa paradisiaca seminifera).* Big-leafed plant is essential for a tropical-looking garden. Slightest frost will kill plant to the ground but it recovers quickly from roots when weather warms. Plants seldom bear fruit before frost.

Chinese fountain palm *(Livistona chinensis).* It's a slow-growing fan palm that gets 15 feet tall in 40 years; good for containers. Droopy-edged leaves fall off without pruning when they get old.

Chinese parasol tree *(Firmiana simplex).* Unusual deciduous tree with greenish bark. Trunk splits into upright stems with leaf clusters that look like parasols. Leafless for long time in winter. Grows best in protected place like a patio.

Giant yucca *(Yucca elephantipes).* Fast growing, branching yucca needs lots of room. Has dark green leaves not tipped with spines. Can reach 15 to 30 feet. White flower spikes in spring.

Papaya *(Carica papaya).* Lush-leafed tropical grown by the Mohlers in container; in one summer plants grew 4 feet tall from seeds. Usually grows outside only along Southern California coast; elsewhere grown in greenhouse.

Rattan palm *(Rhapis humilis).* Also called slender lady palm, has tall bamboolike stems with clusters of dark green leaves. Slow-growing plant, may eventually reach 18 feet; needs shade, wind protection.

Spiked cabbage tree *(Cussonia spicata).* Very rare medium-sized evergreen tree with big lobed and divided dark green leaves that look somewhat like snowflakes. Needs full sun, fast drainage.

Tree-of-heaven *(Ailanthus altissima).* Considered to be a weed tree by some because of its suckers. Can give shade under tough conditions; it has deciduous compound leaves. The Mohlers grew several in containers.

Umbrella plant *(Cyperus alternifolius).* Vigorous bog-dwelling perennial with cluster of umbrella-rib-like leaves atop 2 to 4-foot triangular stems. Takes almost any garden conditions. Good for planting beside small pools.

Chinese fountain palm, *asparagus fern at pool's edge grow in pots behind railroad ties and rocks*

Waterfall *is controlled by valves behind rock wall hiding pool pump and filter*

becomes a tropical lagoon

as originally just a sky blue pool with a bare concrete deck. he Mohlers first built a waterfall of rocks and mortar to ide the pool pump and filter. Part of the filtered return water uns down the fall into the pool. A float valve connected to the aterfall automatically maintains the pool level.

lthough the garden is only 30 by 55 feet, devices that break p the space make it seem larger. The ornamental bridge, igh enough to allow swimming, divides the pool visually. rock mound planted with a Guadalupe palm and rose-ary—on the right side of the large photograph—separates e two halves of the garden, serves as a planter, and even functions as a diving tower for the deep end of the pool.

The real-looking rocks along the pool's edge are clever fakes. Mr. Mohler made them to fit over and mask the harsh-looking cantilevered deck edge. For the molding that slips over the edge he covered rough 2 by 4's with plastic sheeting (to prevent sticking) and then formed the rocks around them by piling up and shaping layers of concrete—a lightweight mix of two parts mortar and one part perlite. Using real rocks as models, he colored the fake stones with some leftover paints. Finally he cemented the artificial rocks to the edge of the pool. A coat of black paint completed the job. □

Humorous *touch to Japanese street dancing is added by a man wearing Okame drama mask symbolizing the ideal woman—plump and jovial*

Boy Scout *drum corps adds a modern touch to an ancient festival*

LEE FOSTER

Precarious *art of eating udon with chopsticks is practiced by visitors to Los Angeles Obon*

Doll-like *street dancers, right, are unabashed show stealers at 1973 Seattle Bon Odori. Like adults, little ones also assume graceful postures, almost resembling living statues. Below, lanterns light way for dancers moving around bunting-draped yagura*

It's Obon time

Buddhist temples in the West hold festivals this month and next. There will be dancing in the streets. You are invited to come

colorful introduction to Japanese cul-
ıre may be found as near as your own
own this month or next, when Buddhist
emples in the West celebrate *Obon*, or
on, a thousand-year-old tradition.

ne of the most delightful parts of the
estival, and usually its main attraction,
Bon Odori (pronounced bone o-dor-
), or street dancing beneath blazing
nterns by people of all ages in Japanese dress. Even the smallest festival manages several hours of Bon dancing with 50 to 500 participants.

Some celebrations of the midsummer festival will be even more significant this year since 1974 marks the 75th anniversary of the Buddhist Churches of America, comprising 60 temples, most of them in the Western states.

A unique blend of Confucian, Buddhist, and folk customs, Bon appeared in Japan about 500 A.D. Traditionally observed in mid-July, it coincided with the end of monsoon season. It was a time of rejoicing, since the Buddhist monks, forced into retreats by the rainy weather, could then continue their missionary work.

A legend popularly connected with the festival claims the first Obon was an

DOUG WILSON

occasion of joy after Moggallana, a fervent disciple of Buddha, had succeeded in freeing his mother from her suffering in Hell by his pious deeds.

Today the festival remains sort of a combined Japanese Memorial Day and All Saints' Day. In America it also is a lively cultural happening and fund-raising event, often taking on the air of a fair complete with game booths, Japanese cultural and athletic demonstrations, as well as flower, bonsai, and craft shows.

A special treat is the homemade food which may include delicacies rarely available at Japanese restaurants. Be prepared to eat with chopsticks.

Commonly included on menus are: *sushi*—sugar-vinegared rice combined with any variety of fishes, seaweeds, and vegetables rolled up and sliced; *udon*—noodles, usually big and flat, served with a hot broth; *somen*—threadlike noodles served with an ice-cold broth and green onions; *ramen*—hot noodles spicier and fatter than somen; *kushiyaki*—meat and green pepper marinated in soy sauce and served on a skewer; *teriyaki*—beef or chicken, marinated in a soy and brown sugar sauce and usually barbecued; *nigiri*—usually a ball or wedge of cold cooked rice, rolled in black sesame seeds or other seasonings. For cooling refreshment there's *kori*—sweetened shaved ice, and *kintoki*—a snow cone with beans and syrup.

Religious services are sometimes held on different days than the dancing and bazaar. Temple shrines are decora with gifts of food and flowers— belief was that ancestral spirits came visit the living at Obon. The gifts an expression of gratitude.

Non-Buddhists are welcome at the r gious services; inquire at individ temples if you wish permission to t photographs. Photography is welcom other Obon events.

Dancers usually wear the *yukata* (inf mal cotton kimono), or the formal kimono, sometimes tied round the mid with a bright *obi* (sash) that makes excellent place to stash small paras fans, kerchiefs, and other props for various dances. Men sometimes w *happi* coats for the dancing.

Any visitors wearing the proper garb welcome to join in the dancing. M festivals invite all comers, regardless dress, to join in the final dance.

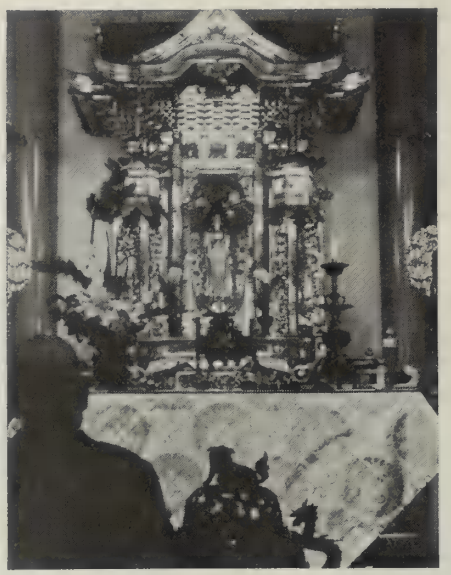
Although the folk dancing is meant be a spontaneous outburst of joy, dancers may rehearse for weeks. T move in stylized patterns, now dippi now hesitating, tapping a foot or cl ping hands, around a *yagura*—a to where a drummer beats out the caden A few festivals feature live music, most rely on recordings.

After dark, the finale at some festival the floating of small boats bear lighted candles on a pond or lake—fr the old belief that the lights helped cestral spirits find their way back to th other world.

For a list of this summer's Obon festivals, turn the page

Moment *of contemplation before Buddhist shrine is part of Obon. Below, minister strikes kansho in Seattle call to service*

DOUG WILSON



Bazaar *visitors spend a quiet time in peaceful San Jose Temple gardens*

NORMAN A. PLATE

We care enough to age our jug wines in wood.

Wood aging is not absolutely necessary in making wine.

Other less expensive, less involved ways of aging can be used.

But not by us.

To achieve a touch of greatness, each Almadén jug wine spends time in wood.

We insist on it.

So should you.

Almadén

It's built to carry two kinds of campers.

First, there's the human kind. For them, we offer a cab with plenty of glass area for good visibility. And there's a wide choice of luxury interiors available.

Underneath, there's a long wheelbase with rear leaf springs. And independent coil spring front suspension. And standard power front disc brakes with audible wear indicators.

Then there's the other kind of camper—the made-of-metal kind. We've thought of that, too. We've developed special camper tie-down packages that are available to facilitate mounting. And there's Elimi-pitch that hydraulically snubs the camper body in case it tries to pitch up or down.

Also available are dual rear wheels. Full-time four-wheel-drive. Or trailer towing package that can handle virtually anything you want to pull—even fifth-wheel units.

If you're in the market for a pickup, think about the two kinds of campers in your life. And get a GMC.

GMC **The Truck People from General Motors**

Kimono-clad *California girls share a joke during summer Obon*

LEE FOSTER

Where can you see Obon festivals? Here is the list... from now to early September

bon festivals in America can last from ıe evening to two full days.

your area is not included here, look ıder Churches in the yellow pages and ll any Buddhist temple listed to see ıether it will celebrate Obon this year.

RIZONA

oenix, June 30; food and dancing, 7 to P.M., at 4142 W. Clarendon Avenue.

:NTRAL CALIFORNIA

ameda, August 10; from 7 to 9 P.M.; ncing and food booths in the church gar- n at 2325 Pacific Avenue.

rkeley, July 6, dancing from 7:30 to P.M. at 2121 Channing Way.

esno, July 6, dancing and carnival be- ning 8 P.M. at 1340 Kern Street.

di, August 3, 4, from 6 to 12 P.M.; eet dancing, tea ceremony demonstra- ns, bonsai, and flower arranging, at 23 Stockton Street.

onterey, August 17, 18, dancing begin- g at 7:30 P.M. both nights; also demon- ations of sumie painting, bonsai, tea emony, classical Japanese dancing and o, food booths, at county fairgrounds.

ountain View, July 20 (5 to 11 P.M.) and (noon to midnight); street dancing with Japanese music Sunday only; food oths, games, bonsai exhibits, and Bud- st mini-lectures, at 575 Stierlin Road.

kland, August 3, from 3 to 10 P.M.; et dancing, tea ceremony, bonsai, ate and kendo demonstrations, at 825 kson Street.

o Alto, August 3 (5 to 11 P.M.) and noon to 11 P.M.); dancing, Chidori band l singers on Sunday only; Japanese d, flower, and bonsai exhibits and other tural demonstrations throughout festi- , at 2751 Louis Road.

ryn, September 8, from 10 A.M. to 9 .; church service, dancing, at 3192 Boy- ton Road.

edley, July 28, from 7:30 to 10:30 P.M.; et dancing, 2035 15th Street.

ramento, July 13, 14; all-day festival h evening dancing, bazaar, at 2401 River- Boulevard. July 20, 21, from 7:30 to 0 P.M.; dancing and bazaar, at 8320 rin Road.

nas, July 28, from 10 A.M. to 10 P.M.; sai and flower arrangements, food, eve- g street dancing, afternoon stage show, 4 California Street.

San Francisco, July 14; services 10 to 11 A.M., at 1881 Pine Street; street dancing 2 to 4:30 P.M. at the Japan Cultural Center, Post and Buchanan streets, followed by sailing of small origami boats.

San Jose, July 13, 14; begins early afternoon but reaches peak from 6 to 11 P.M. with games, food booths, dancing, at 640 N. Fifth Street.

San Mateo, August 11; dancing beginning 7 P.M., at 2 S. Claremont Street.

Sebastopol, July 21, 22, from 8 to 10 P.M.; food and dancing at 1200 Gravenstein Highway S.

Stockton, July 21; service 10 A.M., dances begin 7:30 P.M., launching Japan week which ends with a bazaar July 27, 28. Cultural events at the church all through the week at 7:30 P.M. Dance and events at 2820 North Drive.

Union City, August 17, from 6 to 10 P.M.; dancing in the temple's parking lot, 32975 Alvarado-Niles Road.

SOUTHERN CALIFORNIA

Anaheim, July 20, 21; services 1:30 P.M. both days; food booths open 4 P.M.; dancing 6 to 8 P.M. at 909 S. Dale Street.

Los Angeles, to celebrate the 75th anniversary of Buddhist Churches of America, members of 15 temples in Southern California will gather at the Los Angeles Betsuin (head temple) for a special Obon festival July 13 and 14 from 7 to 9:30 P.M., at 815 E. First Street. There'll be food, game booths, and dancing.

West Los Angeles, July 27 (5 to 11 P.M.) and 28 (4 to 10 P.M.); food, bazaar, dancing, at 2003 Corinth Avenue.

Oxnard, July 20, afternoon; at 250 South H Street.

Pasadena, July 20 (4 P.M. to 10 P.M.) and 21 (noon to 9 P.M.); food bazaar, flower exhibits, and dancing, at 1993 Glen Avenue.

San Diego, August 4, services 10 A.M. and 2 P.M.; dancing from 7:30 P.M., at 2929 Market Street.

San Luis Obispo, August 3, from 4 to 9:30 P.M.; dancing, food, bonsai exhibits, at the Veterans Hall.

Santa Barbara, August 18, 7 to 10 P.M.; street dancing, church service 3 to 4:30 P.M., at 1015 E. Montecito Street.

HAWAII

The Hawaiian Islands, about 26 per cent Japanese in population, have 96 Buddhist churches. So there's at least one Obon festival each weekend during the summer. If you will be visiting the Islands this summer and want to attend Obon there, telephone the Buddhist Council for whichever island you'll be on and ask where an Obon festival will be held during your stay.

OREGON

Ontario, July 20; food booths, flower arranging, exhibits, and dancing, 7 to 10 P.M., at 286 S.E. Fourth Street.

Portland, August 4, from 3 to 9 P.M.; services (3 P.M.), food booths, street dancing from 7 P.M., at 3720 S.E. 34th Avenue.

WASHINGTON

Seattle, July 20, 21, beginning 5 P.M.; food booths, bonsai exhibits, church service 6:15 and 5:15 P.M. respectively, followed each night by 5 hours of street dancing, at 1427 S. Main Street.

Tacoma, July 14; 2 P.M. service followed by 7 to 9 P.M. dancing and food sales, at 1717 Fawcett Avenue.

UTAH

Salt Lake City, July 13, 14; food booths, street dancing Saturday only, beginning 7:30 P.M.; service Sunday 1 P.M. at 211 West First South Street. □

DOUG WILSON

Taiko *drummer sets cadence for folk dancers below him, following a 1,000-year-old tradition*

Plain box-house wins an architectural award. Why?

It is simple, bold, quite roomy, with three stories of dramatic living space. And it cost only about $10,000 to bring it to this semifinished state

View *is from sleeping loft into 16 by 16 by 16-foot public space, studs exposed*

On south side, *it resembles a reach-in doll house. Steel tie beams give support, provide add-on connection*

With plants, *generous windows, it' like showering out-of-doors. Resin coats plywood floor, walls*

This is not your standard award-winning house, but then neither is its price tag. If the windows look like sheets of clear plastic, it's because they are (temporarily). If you don't see a thermostat, that's because the only heat is the wood-burning stove. Still to come are railings on the decks and on the openings to the outside.

During construction when the roof blew off in a Christmas Eve windstorm, friends of owners Peter and Clytie Alexander came over to rebuild and each wall came out differently. The house was supposed to be modular so sections could be built away from the site, but foundation measurements were off, ruling out modules, so Alexander took the better part of six months to build the house on the site. Some of the wood starts its second life in this building, some is new. The total cost when most of the work stopped about a year ago was roughly $7,000. Since then, contracted work has added to the total. The house achieves its economy through owner labor, inexpensive materials and hardware, and by being built in stages with the finish work left for later.

The site is in a rural canyon that slopes steeply to Malibu Bay. The owners moved here from a large Victorian near downtown Los Angeles and like the unburdened relaxation of their new house. Nothing is too valuable to weep over if it breaks, no wall so unmarred it keeps you from driving a nail; and with isolation a potential security problem, the

LEONARD KOREN

Window walls *slide back to create a summer pavilion, open to evening breezes and shafts of light from the setting sun*

ouse was sited *to capture play of light on canyon walls. Open skylight lets air out of loft, gives glimpse of stars*

Owner-built *circular stair uses 1⅛ plywood supported by T-shaped 2 by 4's nailed to center post, studs*

plastic windows rule out any collection of valuables.

The Western Home Awards Jury gave the house and its architect, Carl Day of Santa Monica, a Merit Award. But there was jury controversy. One juror labeled it an "overgrown Hooverville." Another called it *"The* statement of doing the simplest thing but with a great deal of discipline, too." A supporter praised it as the "architect's successful answer to the smallest of budgets."

The owners camped on the property while deciding where to site the house. They so liked being outdoors here that they decided on walls that would slide open to the fields and view.

As needs change, the house can grow. A wing will provide a second child's room on the ground floor and above it a dining room will adjoin the living space. □

Since 1940 *Bill Holm of Seattle has made six tepees from scratch. He, his wife, and their two children live for the summe in this 20-foot tepee set up on a magnificent site on one of Washington's San Juan Islana*

Tepee...the versatile tent

The tepee is portable, beautiful. It can be a vacation place, extra room, all-year home. You can buy a kit, make it yourself

"I couldn't live all the time in a tent. But under the right circumstances I think I could live all the time in a tepee." What Jo Anne Baughan of Arizona says pretty much sums up the feelings of almost every other tepee owner we've talked to during the past two years. Grant Robbins of San Francisco exclaims further, "We chose the tepee for shelter because it's the world's most versatile and beautiful tent." Few structures elicit more universal praise.

So we weren't surprised to find tepees being raised in increasing numbers throughout the West. Some are homemade, some factory made, some half-and-half. Some owners use theirs as a temporary extra room when old friends come on summer visits, or for children to play and sleep in. In mild-winter climates the tepee can even serve as a year-round residence. But for most owners it's simply a happy alternative to a cabin or tent at a summer home site.

The special appeal of a tepee, its power to stir our emotions, has to be experienced. Being inside one is not like being in the usual tent. Perhaps because of its vertical space, you don't feel confined. Yet, though there's plenty of headroom, you invariably feel like sitting or reclining. You seem more relaxed, freer, more a part of the world around you.

Recently we rode and hiked several miles through a forest to visit a *Sunset*

Ready-made poolside tepee *in San Diego County makes ideal changing room, doubles as extra sleeping room for guests. Owners take it down and store it in their garage during winter, then set it up again at start of swimming season*

NORMAN A. PLATE

Sierra meadow's edge *is where the Grant Robbins family spend their summers. Two-level platform designed by Mrs. Robbins has storage cabinets (for tepee cover in winter) and grill on lower level. Upper level supports 17-foot tepee made by a sailmaker, painted by family*

On warm days *the Donn Charnleys simply roll up the sides of their tepee. Inside you see the liner (canvas piece fastened inboard of tepee poles), fireplace, beds, slope-backed storage units that fit neatly against liner, graveled floor. Introduced to tepee living in 1945, the Charnleys have used this 20-footer since 1954 on one of the San Juans*

DAVE BARNES

Raising a tepee-from-a-kit in seven steps ...you tie, lift, unfurl, triumph

1. *Spread tepee cover flat on ground, inside facing up. Place two tripod poles side-by-side bisecting cover, butts even with edge of cover. Place door pole (right) over them, about ⅓ distance in from side*

2. *Tie poles together with clove hitch, using ½-inch manila rope 45 feet long. Leave 5 feet of rope on one side of knot. Wrap this four times around knot; finish with two half hitches around door pole*

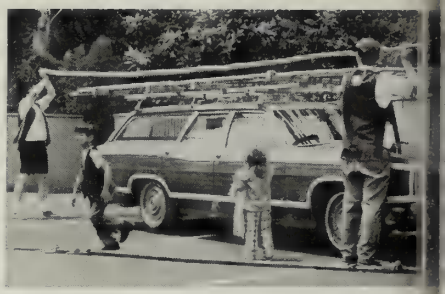
3. *Hold long end of tie rope taut. Have person lift poles, walk them upright, swing base of farthest tandem pole out and back to form tripod*

reader in a tepee set up in an idyllic natural clearing. It began to rain and we waited out the shower inside, listening to the rain drumming on the cover. Though it was gloomy outside, it was surprisingly light within. The translucent canvas seemed to collect what little light there was, and we felt as if we were inside a lofty, glowing parchment cone.

GERALD R. FREDRICK

Others tell of enjoying the light of a full moon as it shines through the tepee cover, of watching the stars through the smoke hole. But while the romance of the tepee is based on such sensual experiences, it's first and foremost a *practical* structure—amazingly resistant to wind, dry in the rain, warm in the cold, cool on the hottest days. Positive reports come from tepee dwellers in the Arizona desert, on the slope of Oregon's Mount Hood, and on an exposed promontory on the Oregon coast where roof-lifting winds blow harmlessly by.

What's more, a tepee is portable—it was designed by the Plains Indians to suit their migratory life. Even the 20-footers can be erected by two or three people in 45 minutes or less. After watching an expert two months earlier, three editors



These 23-foot *poles were carried within legal overhang limits. Call highway patrol for regulations in your sta*

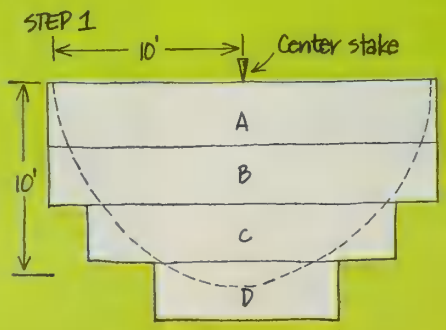
It's 10 feet high. *Supergraphics were sketched on paper, then painted on cover before tepee was put up*

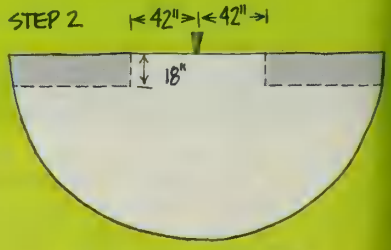
Your own 10 by 10-foot tepee, made from muslin or canvas, bamboo or 2 by 4's

You can make this children's tepee for about $40, including poles and paint. You'll need 23 yards of 36-inch-wide fabric; we used unbleached muslin, but almost any other material will do: bedsheets, parachute nylon, canvas remnants. Our pattern makes a tepee 10 feet high and about 10 feet in diameter.

Step. 1. On the ground draw a half circle with a radius of 10 feet (scratch bare ground or use chalk on paving). Then lay strips of muslin so they cover the half circle, overlapping them 1 inch in shingle-fashion (A over B, B over C, C over D) to prevent water from collecting in the seams. If shorter pieces of material are used, shingle from center line toward each side. Pin and straight-stitch, zigzag, or double-stitch the pieces, using cotton or dacron thread. Now redraw the half circle—this time on the material—and cut out.

Step 2. Mark center point of top edge. Measure 42 inches toward either side, then down 18 inches. Extend lines to sides and





4. *Arrange poles 1 to 4 in first crotch at right of door pole, 5 to 8 to left in same crotch. Poles 9 to 11 go in back; allow space between 10 and 11 for lifting pole. Wrap rope four times around poles*

5. *Add lifting pole with cover. First lay pole on cover in same position as tandem poles in first step. Tie 3-foot length of rope to lift pole flap and knot to pole. Attach 15-foot-long lengths of rope to each smoke flap. Fold cover along pole; lift into place*

6. *Unfurl cover around poles. If it doesn't fit snugly against cluster of poles in back, you may have to retie cover higher (or lower) on lift pole. Insert lacing pins and stakes, position smoke flap poles, tie smoke flaps to stakes*

erected a 20-footer in *Sunset's* gardens in less than an hour. You may have seen it if you visited us during our 75th Anniversary Celebration in May, 1973.

Ready-made, semifinished, or all-up-to-you. Several companies make and sell tepees. You can order one ready-made in any increment of 2 feet from 10 to 24 feet or in a 9, 15, or 21-foot size. Or you can order a kit and sew the cover together yourself.

A tepee is really a tilted cone with an egg-shaped bottom. There are two basic types. One is a three-pole tepee that utilizes a tripod foundation. The other uses a four-pole or quadripod system.

7. *Finished tepee. The women sewed the cover from a kit; their husbands and sons put it up, will use it for meetings, sleepouts in summer*

DARROW M. WATT

The size of a three-pole system refers to the length of the tepee down the front where the door is. An 18-footer, for example, would measure 18 feet down the front, about 15 feet down the much steeper back. At ground level it would be about 17 feet from front to back, about 16½ from side to side. A tall person could walk 10 to 11 feet from front to back before his head touched the canvas cover. For a 20-footer, add about 2 feet to each dimension.

A four-pole tepee is rounder and its size

cut out resulting rectangles.

Step 3. Measure in 6 inches from side edge of cover and mark; measure from there another 36 inches in and mark again. From the middle of the two marks measure down 10 inches and draw a 24-inch-long line. Sketch in an arc to connect the ends of this line to the 36-inch line above; cut. Repeat on other end of cover. Each cut forms half the door hole.

Step 4. From center mark on top edge, measure down 18 inches as before and 2 inches to each side. From these side points measure 4 inches back up toward top edge and mark. Connect all four points. From the bottom of this square, which becomes the lift pole flap, measure out 2 inches more on each side. Draw a line connecting these points with center mark above. At the bottom connect each long line to the 4-inch square with a curved line. Cut.

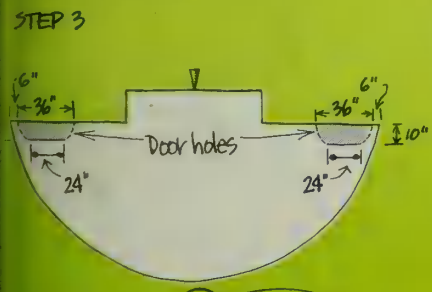
Sew ¼ to ½-inch hem around the entire tepee cover. Fold 1½ inches of the lift pole flap down and double-stitch, leaving a 1-inch channel for lift pole flap tie rope.

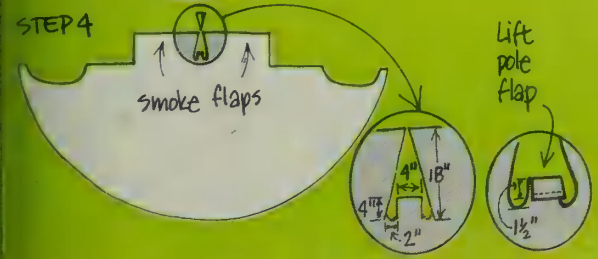
Step 5. Make 1-inch-long buttonholes, well strengthened top and bottom, along pinning flap and at each corner of the smoke flaps. For the smoke flap pockets, cut four triangles of muslin measuring 5 by 5 by 7 inches. Sew one triangle to the corner and another on top of the first, leaving the 7-inch side of the triangle open. Repeat on the other corner for the second flap pocket.

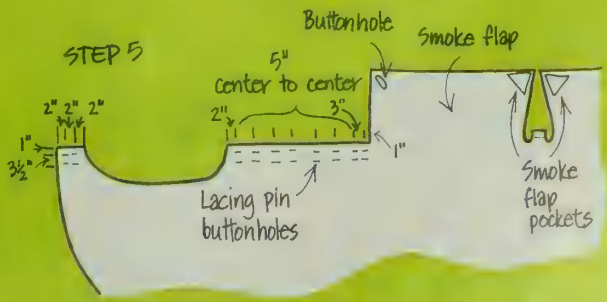
To make a 8, 9, 11, or 12-foot tepee, simply alter the radius in Step 1 to the new size you want and change the smoke flaps and pinning flaps sizes proportionally. Keep the same door size and leave 6 inches below the door hole, as before.

For poles we used 12-foot-long fir 2 by 4's cut diagonally in half lengthwise; to round the edges use a router or open-toothed wood rasp. You can also use bamboo poles. For lacing pins, use 10 12-inch-long ½-inch dowels, rounded at the ends to ease through the buttonholes.

Tie a 10-foot length of 3/16-inch cord to the corner buttonhole of both smoke flaps. Set up the tepee following the steps pictured above. To secure the cover, sew on fabric loops and use wood stakes.







refers to the diameter of the base. (All tepees shown here are three-pole types.) Nine and 10-foot tepees are playhouse size. For living, two people would be very comfortable in a 16-footer, three in an 18-footer, four in a 20-footer, and five or six in a 22-footer. Transporting the 25 to 30-foot-long poles required for the largest sizes may be a problem.

To see how easy it is to assemble a tepee from a mail-order kit, we ordered an 18-footer of 10-ounce marine canvas, treated against mildew and water repellent, for $129 (1973 price), plus tax and shipping. This price didn't include poles, lacing pins, or pegs.

We presented the challenge to members of a YMCA father-son program for boys 6 through 8. Four of their wives stitched together the cover in about four 5-hour working days. They used three home sewing machines: one set up on a ping-pong table for the big jobs, two for smaller jobs such as the buttonholes for the lacing pins. The kit included practice material, and explicit and voluminous directions for making the cover and putting it up. The lodgepole pine poles were donated; they have since been debarked as recommended. For a look at the results, see page 68.

Inside a tepee glowing like a lantern, there's a party going on

In general, you save $30 to $50 when you sew and finish the cover yourself. A ready-made 18-foot tepee cover of the same 10-ounce canvas quality as the kit costs around $180; 18-foot covers of 12, 13, and 14-ounce canvas duck range from $185 to $300. Some are treated to resist mildew, repel water, and retard flames. Prices may include lacing pins and pegs. Tax and shipping is extra; an 18-foot cover of 10-ounce canvas weighs about 45 pounds. Poles are not included. Some companies sell them; you can also cut them from Douglas fir 2 by 4's.

(For further savings, you could make the whole tepee yourself from poles and purchased canvas. It's difficult but feasible; see book reference below.)

An essential extra is a liner—a piece of canvas that attaches to the poles inside the tepee from the ground up about 6 feet. It provides an insulating space, protects you from rain dripping off poles and any condensation, helps maintain a good draft for the fire and clears out smoke, and eliminates nighttime silhouettes through the cover—for privacy. A ready-made liner for an 18-foot tepee costs $70 to $75; it's usually treated to make it more water repellent. Or you could make one yourself out of muslin and waterproof it.

A canvas door, optional, costs about $8 for any size of tepee.

An *ozan* is nice to have in cold or wet climates. This horizontal extension of the liner provides additional drip protection and helps keep the sleeping spaces warmer. An ozan for an 18-foot tepee costs about $25.

For a list of tepee (or tipi) manufacturers in the West, write to Tepee Editor, *Sunset Magazine*, Menlo Park, Calif. 94025. Please include a stamped, self-addressed envelope.

We also recommend you read *The Indian Tipi* by Reginald and Gladys Laubin (University of Oklahoma Press, 1971, $6.95; abridged in paperback, Ballantine Books, $1.65).

Before you set up housekeeping in a tepee, check local ordinances. □

DON NORMARK

For parties *a tepee is a natural. At night it glows like a giant paper lantern. Inside everyone sprawls informally on cushions, mats. (This one has no liner, so silhouettes show.) Full dinner for 17 was cooked in the house, then served here around brazier.*

GLENN CHRISTIANSEN

Southeast Arizona *is where Marlene Roeder and Jo Anne Baughan set up their tepee. Boiler end raised on rocks holds fire, has grate cover. They cooked us a delicious dinner on our visit last May. (Door faces away from wind, so there's little or no smoke)*

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The Changing Western Home®

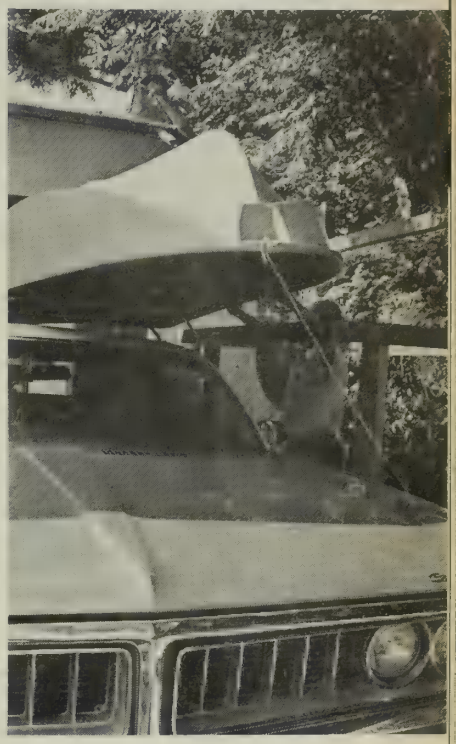
Animated drapes

he living room windows at the Frank . LaFetra house face almost due west. he view is nice, but on a summer afternoon the large expanse of glass lets in a eat deal of solar heat.

losing the drapes cuts down on heat d prevents ultraviolet rays from ding the furniture, but the LaFetras dn't always remember to close them. hey solved the problem by installing electric drapery puller (available om drapery dealers). It's hooked to a -hour single-pole, double-throw switch ner (look in the yellow pages under witches—Electric). Every afternoon the rapes close automatically, to reopen at preset time after the sun goes down.

e opening and closing of the drapes so helps make the house look occupied hen no one is home. Mysteriously osing drapes once scared an unsuspect- g teenager, so now the LaFetras ways remember to warn their baby- ters about them.

DON NORMARK



Back-saving boat perch

For a man who uses his fishing boat as often as Dr. C. Joseph Freund of Phoenix, a storage rack that makes loading and unloading easy is a must. A cartop-height rack beside his driveway lets him transfer his 12-foot, 160-pound fiberglass boat from his car's rooftop carrier with very little effort. He just pushes it off and on.

Dr. Freund built the rack from redwood 4 by 4's; the 4 by 8-foot platform stands about 5½ feet off the ground. A chain and lock can be threaded through the thwart and around the 4 by 4's for security.

DARROW M. WATT

Masking tape in a can

If window frames are on your list of summer painting jobs, you might want to try a new product made for masking glass and other nonporous materials. It's called Glass Mask, and one can (about $3.50 at paint stores) is enough for 10 to 12 double-hung windows.

A broad applicator nozzle leaves a 1-inch-wide stripe of fast-drying liquid vinyl next to the window frame. After painting, score along the frame edge with a sharp blade and peel off the vinyl.

Unlike masking tape, which can become more difficult to remove when left exposed to the sun, the vinyl stripe can be left for several days before you peel it off. Glass Mask is made by D'Sal Products Incorporated, 3099 Chairman Dr., Memphis, Tenn. 38131.

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Here are wooden helpers for the table saw user

Making clean cuts with a table saw can be difficult when you're cutting long pieces of wood. Supporting the weight of the wood and keeping it flush against the guides are the major problems. Shown here are three jigs that can help, and a sawdust collector to aid cleanup.

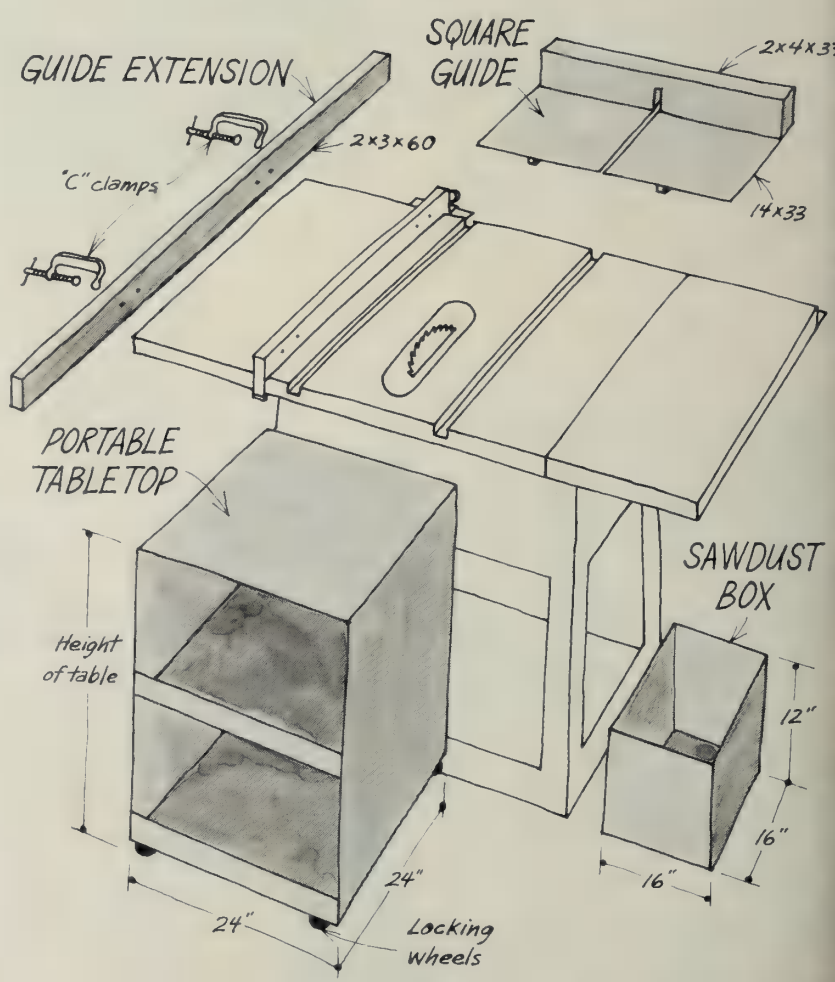
Guide extension. Long lengths of wood and plywood will often pull away from the guide parallel to the blade, and bind. Extending the length of the guide helps avoid racking; a slight pull away from the guide is quickly noticed at the extension's end and easily corrected.

For thin lengths of wood or plywood, you can make a guide extension by temporarily clamping a 2 by 3 to the existing guide with 6-inch C clamps. For thicker pieces of wood, recess bolts through the extension and bolt through the holes in the existing guide, providi an unobstructed guiding surface.

Portable tabletop. Long lengths of wo will split apart and drop towards t floor once beyond the table saw t This causes the uncut portion of t wood to bow and pull away from gui and blade.

A portable tabletop positioned adjac to the saw table and in line with t blade will provide additional support l yond the saw top. It can also provi support at the side when you need square the ends of long lengths. If t tabletop has wheels, lock them in pla during cutting; a moving top can ca racking.

To build the type of portable tal shown here, first determine the hei of the locking wheels. Then build a b



Jigs *to fit any table saw. Height of portable table and size of sawdust box can vary*

Walkout Windows

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Without losing your intimate contact with nature, Andersen Gliding Doors seal out foul weather as well. Made of natural wood, these gliding doors close snugly, locking out the biting wind during the winter.

Double-pane, insulating glass and a thermal barrier in the sill cut heat loss. The tempered (safety) insulating glass also checks condensation and frost.

If you want low maintenance gliding doors, choose the Andersen Perma-Shield Gliding Door. Perma-Shield is a weatherproof, vinyl sheath that won't need painting. Resists warping, peeling, and corrosion, too.

For more information about Andersen Gliding Doors, see your local lumber dealer. He's listed in the Yellow Pages. Or write for our free 24-page folder, "How to Get Good Windows."

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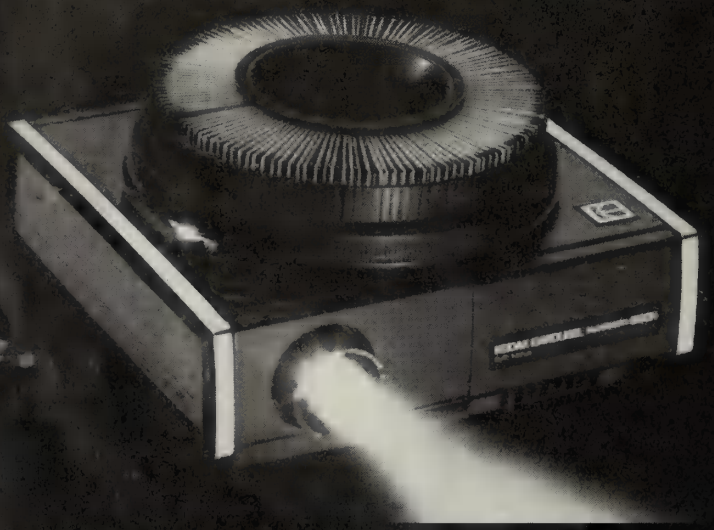

Don't let the rich wood-grain look and the luxurious smoke-tinted dust cover fool you. Underneath all that elegance is a precision piece of equipment.

Snap off the dust cover, drop on the 140-slide tray, and the Carousel custom H projector is ready to prove that its beauty is a lot more than skin deep.

Its action is as dependable as gravity—because it *is* gravity that gently drops each slide into place. And it is quiet because its quartz-halogen lamp runs cool.

Carousel custom H projectors come in a variety of handsome models. The 860H shown is priced from less than $255. Other Kodak Carousel projectors from less than $70.

Prices subject to change without notice.

Kodak

Kodak Carousel custom H projectors.

to fit on the wheels so the overall heig exactly matches the height of the tab saw top. Including shelves will provi additional shop storage space.

Square guide. A square guide will he avoid binding when squaring the en of lengths of wood. A 2 by 4 attach to the edge of a piece of smooth ⅛-in hardboard extends the length of the co ventional square guide.

First fasten a 2 by 4 turned on edge an equal length of hardboard. Next u tacks to attach runners to the botto of the hardboard as far apart as the di tance between the guide grooves in t tabletop. Match the width and depth the runners with the table saw gui grooves. Use a framing square to mal sure the 2 by 4 is at a right angle to t saw blade.

Run this guide through the saw, cutti 2 inches into the 2 by 4. This leav bridging strength between the two piec of hardboard while allowing you to c all the way through wood up to the si of a rough "2 by."

Sawdust box. For easier cleanup, a b to catch most of the sawdust as it leav the blade comes in handy. Slip it und the end of the tabletop. Box size c vary with table size. Catching the du helps minimize the awkward job sweeping around table legs and in t hard-to-get-at corners.

DARROW M. WATT

Two-way sink

The laundry sink is easy to reach from either side of the storage area in this utility room. A metal bar that extends over the sink provides a handy place for hanging drip-drys and other synthetic fibers.

There's plenty of useful storage underneath the sink with cabinet doors on both sides. Sabin O'Neal Mitchell designed this room for the Dr. Leonard Hayflick home, Stanford, California. □

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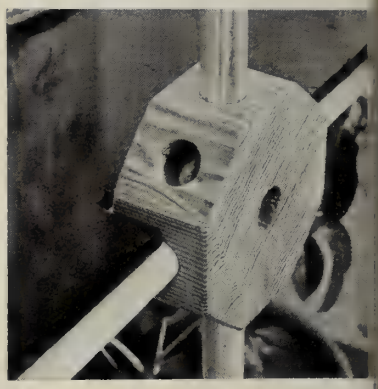
CROWN ZELLERBACH 1974

A pop-together shelf system resembles a children's toy

NORMAN A. PLATE

Dowels and hubs *plug together in any formation. These have 30-inch span; shelves are 15 inches deep*

Octagonal *hub can receive dowels from 10 directions. Dowels positioned diagonally would improve lateral stability for large setups*



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This pop-together shelving system, inspired by children's Tinker Toys, is surprisingly strong and easy to make.

Designed and built by Jim Plunkett of San Francisco, the structure can be proportioned to fit any needs (for example, spans could be shorter to support heavier loads). It's made of ⅝-inch hardwood dowels plugged into octagonal hubs cut from 4-by-4 fir. Shelves of ¼-inch tempered hardboard rest on the horizontal dowels.

For the hubs, use a table saw to rip the edges of a 4 by 4 at 45° angles, forming an octagon with 1⅜-inch faces. Then cut off 1½-inch-thick slices.

Before drilling holes for the dowels, file a ⅝-inch spade bit so it tapers slightly towards the point. The tapered hole it drills will make dowels fit snugly.

Using a drill press or hand drill, make holes ¾ inch deep in each of the eight faces and in the center of the hub (for this hole, drill halfway through from both sides).

Cut dowels to the lengths you want. Then with a coping saw cut 1-inch-deep kerfs in a cross pattern in the ends of each dowel so they can compress slightly as they are pushed into their holes.

Cut the hardboard shelves to fit your structure and notch them where they meet the hubs. Sand, and finish all parts with urethane or varnish. □

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GENERAL ELECTRIC

DARROW M. WATT

Hexagonal cushions *cluster together in a variety of jazzy striped and solid-color patterns*

Hexagon pillows can stand sun and splashing water

Stitching together a jumble of equilateral triangles forms these hexagonal pillows for deck or pool side. Durable fabrics and double-stitching make them tough enough for outdoor use. You need only basic sewing skills.

The top and sides of each cushion are made from acrylic fabric that is chlorine-resistant and sun-proof. The base is an even tougher material: painted awning fabric. You can hose off the cushions for fast cleaning, or if necessary soap with a sponge, then rinse with clear water. The stuffing is shredded polyurethane foam (not meant to float in the pool). Materials for each cushion cost $20 to $26, depending on fabric.

Materials. These cushions combine striped and solid-color fabrics purchased from an awning shop (look under Awnings in the yellow pages). The top and bottom of each cushion are assembled from six 18-inch equilateral triangles.

To estimate yardage, decide the number of pillows you want and determine your fabric width. Widths of outdoor fabric vary considerably. You'll need a ruler and compass to draw equilateral triangles on paper; then figure the yardage required, allowing for side strips.

The acrylic we used costs about $5 to $8 a yard, is 31 inches wide, and weighs 9½ ounces. The painted awning fabric is about $5 a yard, 31 inches wide, and 10 ounces. Watch the fabric weight when you shop; some home sewing machines cannot handle fabrics heavier than the ounce weight we specify.

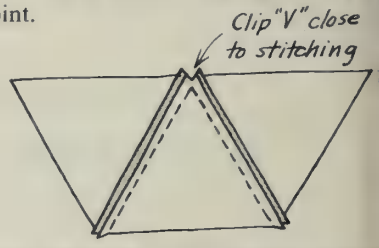
If you plan on inside use, you won't need to be as particular about sun and water resistance, but you'll want sturdy materials in any case. There may be some pillow bouncers in your family.

For stuffing each pillow you'll need about 3½ pounds of shredded polyurethane foam. Buy good quality foam; expect to pay about 80 cents for a 1-pound bag. Check in the yellow pages under Rubber—Foam and Sponge.

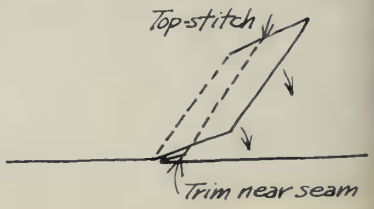
Pattern. Cut an 18-inch equilateral triangle from heavy paper. Lay it on the different fabrics, mark around it with chalk or pencil, and cut out all the triangles you will need (six for the top, six for the bottom of each cushion). Also cut a 6-inch-wide strip 2⅞ yards long (103½ inches) for the sides of the pillow. If you need to piece this, allow 1½ inches for each seam.

To sew. Stitch the triangles together in groups of three. Begin each ¾-inch seam at what will be the outer edge of

the hexagon (bottom of middle triangl stop 1½ inches from top point. lessen bulk where points meet, clip V ¼ inch above the apex stitchi point.



Trim one edge of each seam allowar close to the seam. Press untrimmed ed down over this and topstitch ¼ in from the seam to make sturdy f



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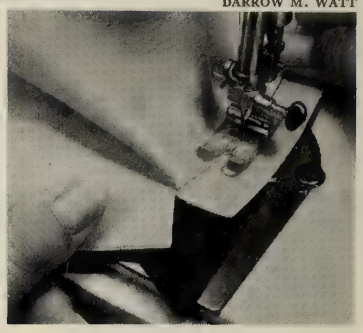
seams. Repeat fell seams for eac triangle addition.

Next, join the two sets of triangle matching sides and center points. Tri and topstitch a fell seam as you di with the other seams.

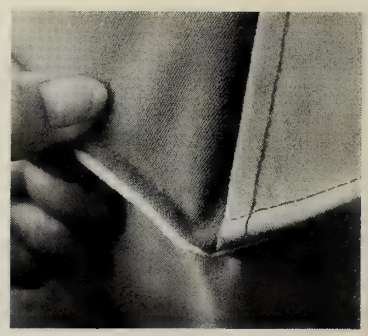
If necessary, sew one or more pieces t gether for the long side strip. Sew th strip to the hexagonal top; clip a slas

DARROW M. WATT



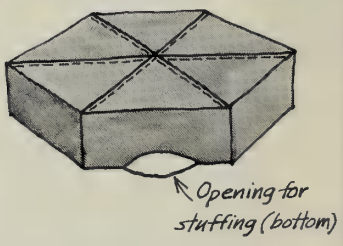
slightly less than ¾ inch long, into th side strip at each corner. The end of th slash should line up with the seam u derneath. This makes it easy to turn th corners.

Stitch the ends of the side strip close



Topstitch ¼ inch from this seam around the pillow edge.

Sew together the six triangles for t cushion base as you did the top on Stitch this completed piece to the si strip, lining up the corners with the t hexagon. Leave an 8-inch opening the bottom. Turn right side out.



Stuff foam through the 8-inch openin Select a place where you won't mind clinging to hands, clothes, and eve thing else in sight. Fill to desired fu ness (about 3½ pounds) and handstit closed. (We didn't top-stitch the b edges of the cushion.)

These cushions were designed by S Graef of San Anselmo, California.

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So give your dog a taste he'll love and all the goodness of real egg. Give him New Gaines-burgers with Egg.

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Opel. It doesn't need a lot of gas to be exciting.

The Germans are a demanding people. They expect perfection of most things—themselves, their work, their products and, of course, the automobiles they drive. And more often than not, they get it. Or at least come close.

From the country that gave you the Gullwing and the economy import

It is not surprising, therefore, that some of the fastest, most powerful cars in history have come from Germany. It is also not surprising that some of the most frugal, gas-pinching cars are likewise German in origin.

The optimum compromise: economy *and* spirit

It is equally logical that the best selling car in such a nation must embody a combination of both. Performance *and* economy. Emotion *and* frugality. Art *and* Science.

The Opel Manta Rallye is such a blend. Its precision 1.9 litre, cam-in-head 4-cylinder engine and 4-speed transmission allow it to cope handily with the rigors of the German Autobahn. And for urban situations, there's an automatic transmission available. But in either case, the powerplant is fundamentally rugged and simple. Hence, maintenance and fuel consumption are held to practical minimums.

Old World practicality

Virtually everywhere you look, Manta Rallye is an exercise in sound, no-nonsense thinking. The hood is painted a businesslike flat-black, for efficiency as well as looks. The instrumentation is as sensuous to the eye as it is plentiful to watch. A large tachometer checks engine speed, and there are warning lights and gauges for amps and oil pressure. The front seats, in best German fashion, recline individually at the twist of a knob. And the steering wheel carries a skin of soft vinyl.

It works

The total effect is that of function. The car looks like it works. And it does work. It works because of things like front and rear stabilizer bars in the suspension and an efficient forced-air ventilation system. It works because of power front disc brakes and dozens of other things, little and big, that help make it a genuine pleasure to drive. It works because, well, it *has* to, to be the best selling car in Germany.

And the price?

The price of an Opel Manta Rallye in America is $3,584.22,* including road wheels, special instrumentation, and radio.

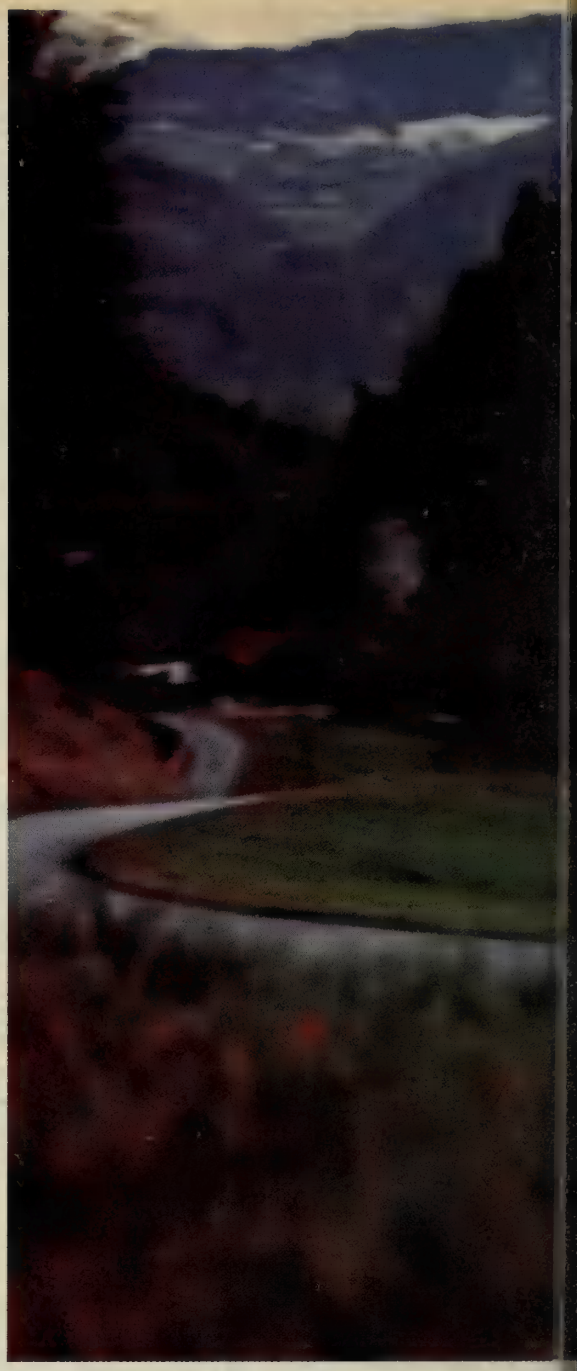
The standard Manta Coupe is priced at $3,298.50,* the Manta Luxus and Opel Sportwagon at $3,535.50* and $3,521.50,* respectively.

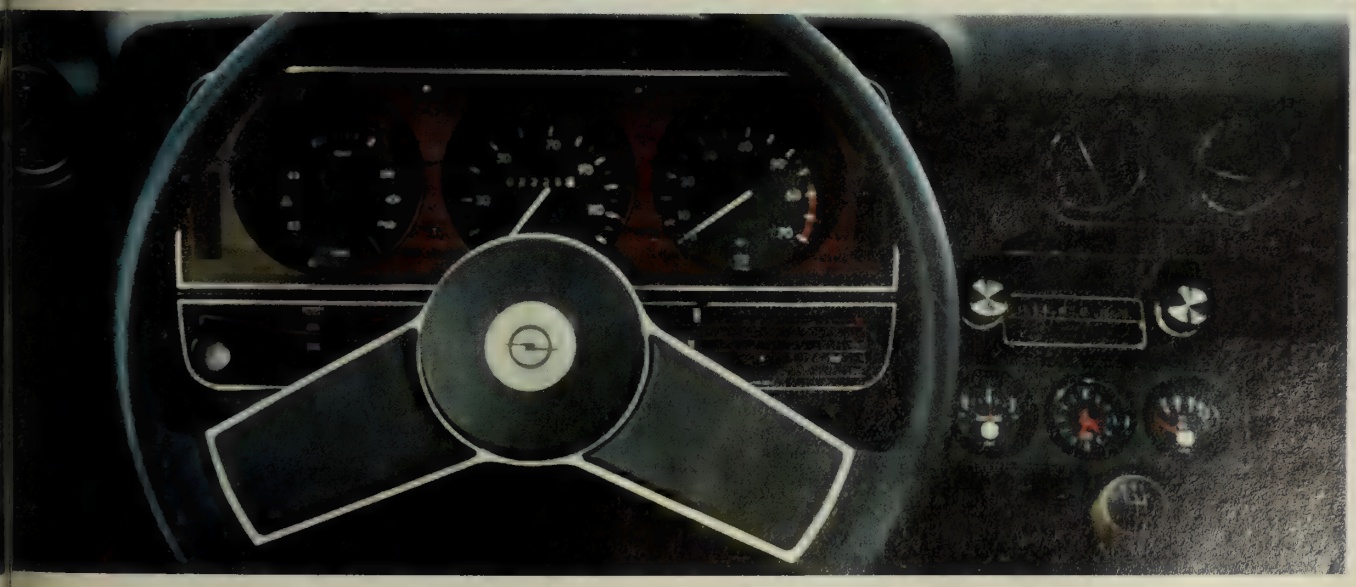
See and drive one at any of more than 2,200 Buick/Opel dealers throughout America.

BUICK OPEL GM

**Manufacturer's Suggested Retail Price, including dealer new vehicle preparation charges, other optional equipment, state and local taxes and transportation charges from Port of Entry are additional*

Opel. The best selling car in Germany.





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DON NORMA

Round of wood *turns fire pot into deck table and conceals ashes*

In disguise it's a table

Anyone who owns or has consider owning a fire pot like the one pictur above has probably also considered ho they look when not in use. Having good-sized fire to move where you w it on a deck, dock, or even a lawn is always worth the sight of the pot when displays a charred interior with ash and bits of wood. Mr. and Mrs. Steph Herron of Bellevue, Washington, solv the problem with a top that turns th fire pot into a low deck table.

It is simply a circle of tongue-and-groo Alaska yellow cedar that matches t wood of their deck. The circle is a fe inches larger than the pot so that a po tioning lip can fit over the edge. A str of wood underneath holds boards t gether and acts as a further guide to ce ter the top.

The top is light and easy to hand Though it is tightly made and wou probably smother smoldering embers, t owners always wait overnight before placing it.

Handsome and low, the table goes w with other deck furniture and is stur enough to hold even a large container plants.

This fire pot has rollers on two of three legs. Look for similar ones (som times called patio warmers) in hardwa stores and fireplace shops.

The splendor of English formal gardens reincarnated in Regency Rose. From Cannon Royal Family International Fashions.

Blossoming on crisp, no-iron cotton and polyester percale sheets and pillow cases. Truly washable Permapoint™ quilted polyester and cotton bedspreads. And beautifully thick all-cotton towels.

Regency Rose in parchment, as shown. In blue. And in pink. A soft new landscape for your home.

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Today's

Asphalt Roofing Manufacturers Association, 533 N. Del Mar Avenue, San Gabriel, CA 91755.
When you're looking at new houses, take a second look at the roof. More and more you'll be seeing this new kind of asphalt shingle. It's extra thick, with deep irregular edges that create a random informal look. The earthtone colors are deep and muted; the effect is woodsy and rustic.
Yet the roof provides the traditional fire safety of asphalt—especially important here in the West with our tinder-dry summers.
These new shingles are available in a variety of textures and colors to blend with just about any architectural style or setting. So look for them. Wherever in the West you live, Today's Asphalt fits in. Naturally.
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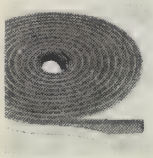
Save as much as 10% to 25% on fuel costs by properly weatherproofing your house — yourself! It's fast and easy with the M-D line of quality weatherproofing products designed specifically to prevent drafts around doors and windows.



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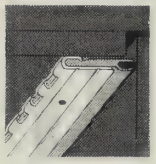

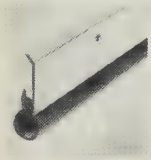

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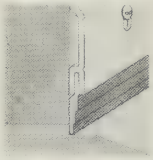

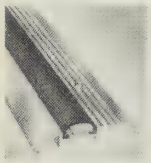

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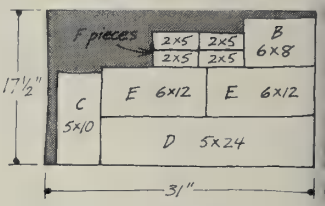
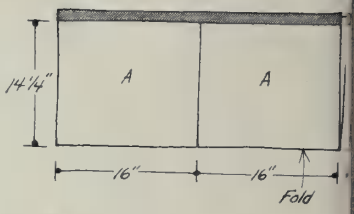
NORMAN A. PLATE

Cinch up *for heavy loads. Start saddlebags by cutting canvas as diagrammed at right; note lower piece is first folded lengthwise*





Bike tote for shopping or picnics . . . scaled-down *panniers* of canvas

Long-distance cyclists often carry camping gear in back-wheel saddlebags called *panniers*. Here's a small version that makes a great tote for shopping or a picnic. An experienced seamstress can make it from canvas for less than $7.

You'll need 1⅜ yards of 31-inch-wide, 10-ounce canvas (about $3 a yard), two 18-inch separating zippers (about $1.25 each), four gripper fasteners, two O rings (5 cents each), and heavy-duty thread. All are sold at fabric or awning shops.

To make the bags, mark and cut out all pattern pieces as indicated in diagram. (We used pieces in contrasting colors.) After folding bag pieces A lengthwise and cutting, refold each piece so that one side is longer by 4½ inches. This excess will be the bag's top flap. Stitch bag sides together; for extra strength, double-stitch all the seams.

(Throughout project, except where directed, pin and baste fabric, use ⅝-inch seams, finish seams, and turn under and stitch all free edges to prevent raveling.)

To give the bags a sturdy boxlike shape square seam ends for boxed corners a shown in the photographs on page 97 Then turn bags right side out and pinch in two creases 4 inches apart with sid seam centered between creases. Con tinue creases along bag bottom, center ing bottom fold between creases. Stitch down creases.

On top flap, cut off a 2-inch strip fron both sides, making flap width equal t bag opening. Put in zipper, one half at time on flap and bag's top edge; clip cor ners. Then join bags with piece B by at taching it, right side showing, to each to flap. Center B on each flap about inches in from long zippered edge. Sev on, using double row of stitches.

For the belt, fold pieces C and D in hal lengthwise; with each, stitch long side together and turn right side out. Lay en of piece C centered over end of wron side of E. The ends of C and E shoul

"I didn't think I could be impressed by a dishwasher again. I was wrong."

Kevin McCarthy

The incredible new Potscrubber II™ dishwasher.

ACTUAL UNRETOUCHED PHOTOGRAPHS

I was really impressed when I saw GE's Potscrubber dishwasher perform last year.

I didn't think any dishwasher could clean a baked on bean casserole pot.

But I was wrong.

So, this year when GE wanted to show me their new Potscrubber II dishwasher, I didn't think I could be impressed again.

I was wrong again.

The Potscrubber II dishwasher has a new, tough interior that won't chip, rust or peel. Ever. With more room inside than ever before in a Potscrubber dishwasher.

The Potscrubber II dishwasher cleaned everything we threw at it.

From baked on casseroles to the finest china and crystal. With no pre-scrubbing and no rinsing. (Just tip off large and hard scraps.)

And it's super quiet.

Of course, it's still covered by GE's Customer Care . . . Service Everywhere.™ Their pledge that wherever you are, or go, in the continental U.S.A., you'll find a qualified General Electric serviceman nearby.

What did I think of the new Potscrubber II dishwasher?

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The Potscrubber II dishwasher.

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Marina bathroom tissue is specially embossed. So it's especially soft. As soft as a sea breeze.

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Marina bathroom tissue—soft tissue and soft colors, too.

overlap by about 2 inches.

Fold E corners over C end, angled in toward center so E corners meet. Sew down folded E corners over C, guiding seam about ½ inch in from folded E edges. Repeat with D and remaining E piece. Finish open ends of belt; loop end of C through the two rings and sew loop closed. Center free end of each E belt section on the wheelside bottom crease of each bag, right side of belt showing, and sew to bottom of bag.

Finish edges of F pieces and attach gripper fasteners to F ends. Sew on F pieces where they'll snap bags securely to rack support tubes and bike frame forks.

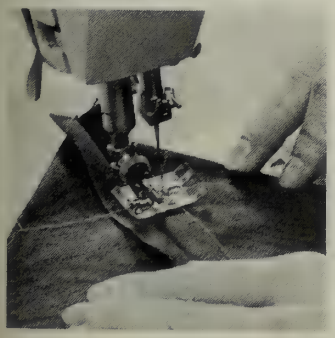
Janet Okagaki designed these bags. □

To square corners: *Press bottom fold line against side seam, forming point. (Near end is already squared.)*

JOHN F. MARRIOTT

Next, measure 4 inches across point to mark off a triangle . . .

. . . and sew 4-inch-long double seam, leaving triangle of fabric to be tacked to inside of bag



Hundreds of Ideas in this All-New Spring-Summer Edition, $1.35

Ideas are more important than money

The right idea can be worth hundreds, or thousands, of dollars when you fix up your home. But it doesn't have to cost you very much.

The trick is finding one that is fresh and exciting—and one that works.

Sunset's new edition of *Ideas for Improving Your Home* is now off press, and gives you hundreds of good ideas for every room of the house—and for your outdoor living areas.

You'll find big ideas for remodeling your kitchen; surprising ideas for your bathrooms; storage ideas; patio overhead solutions; ideas for your workshop and family room.

It also gives you a buyer's guide to the various kinds of windows available, with new ideas for decorating them. Greenhouses are the subject of another feature. And how-to-do-it instructions for patio paving, fence building, attic cooling, and "raising your roof" are all given major treatment.

Sunset's business is finding *ideas* for you. This new edition gives you a real treasury to work with. It's now at your newsstand. Or if you want us to mail it to your home, send your check. Still only $1.35, plus 50¢ for postage and handling—total $1.85. *California residents add 8¢ state sales tax.* Mail to: HOME IDEAS—Lane Magazine & Book Company, 85 Willow Road, Menlo Park, CA 94025.

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	11:35 am	**
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**Via connections *$2.50 charge on international flights.

NORTHWEST ORIENT

EXPRESS

to half the world

DARROW M. WATT

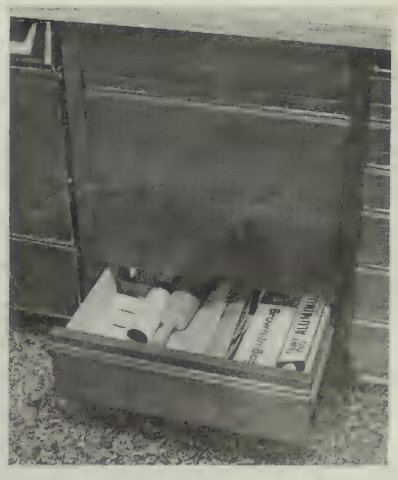
Deep top drawer *pulls out to reveal trash container, household cleansers*

Under the sink, two roll-out drawers

Making good use of storage space under a kitchen sink can be a challenge. It's a convenient spot for a wastebasket—but a full-height container could be hard to load and could block off storage space at the back.

For the Templeton Pecks' kitchen, architect Morgan Stedman designed two roll-out drawers that slide under the sink. In the top drawer, refuse goes directly into containers in front. And shelves at the back of this drawer, arranged so they miss the plumbing, hold cleansers so they're easy to reach.

Below the large upper drawer is a shallower one that holds paper and plastic products, foil wrap, a rolling pin, and soap. Both drawers together utilize all available under-sink storage space and still keep things in clear view. □



Shallow lower drawer *holds items that would otherwise be hard to reach*

For a cooler house

What you must do is get out as much hot air as possible and replace it with cool air. One answer is venting. Here are the choices

Instructions *for mounting turbine vent require the unit be level; adjustments are simple*
DARROW M. WATT

An inexpensive *jalousie window (under $25) installed in a high hot spot improves air circulation*
GERALD R. FREDRICK

Proper ventilation can not only make your house cooler this summer—it can also lessen roof deterioration caused by excess trapped heat and moisture and reduce the load on an air conditioner, thereby increasing its life.

If you've done what you can to insulate your house (see page 54 of the January 1974 *Sunset*) and shade your house (see page 94 of last month's *Sunset*), then the next step is to provide sufficient ventilation.

In houses with poorly vented attics or overhead dead-air spaces, trapped air can rise to above 150°. Meanwhile heat is being conducted and radiated to the living space below, where its effects are felt long after the temperature outside has dropped. In a house with a well-ventilated attic, heat can't build up there so the living space remains cooler.

In the winter, the same ventilation also helps remove moisture that can condense and cause water staining and structural damage.

For most houses, good ventilation means good attic ventilation. How much and what kind is a tricky question. The Office of Consumer Affairs suggests that for an average house the total area of vent openings should be at least 1/300 of the attic floor area. So a house with a 1,500-square-foot attic should have at least 5 square feet of *free area*. Free area is the unobstructed space in a louvered or screened vent—usually 40 to 70 per cent of the vent.

Since heat rises, the most efficient flow is provided by vents located along the ridge, in the gable, or at a high point on the roof, coupled with low soffit vents to draw in cooler outside air. This may seem simple—but it does not take into account prevailing winds which can inhibit the rising air pattern; hot spots due to sun orientation or roofing materials; or irregular roof lines which up the cooling flow.

The 11 devices shown in the compos house at right are examples of how y can solve your ventilation probler Every house requires its own combir tion of vents—ones that allow or foı hot air to escape and others that bri in cool air.

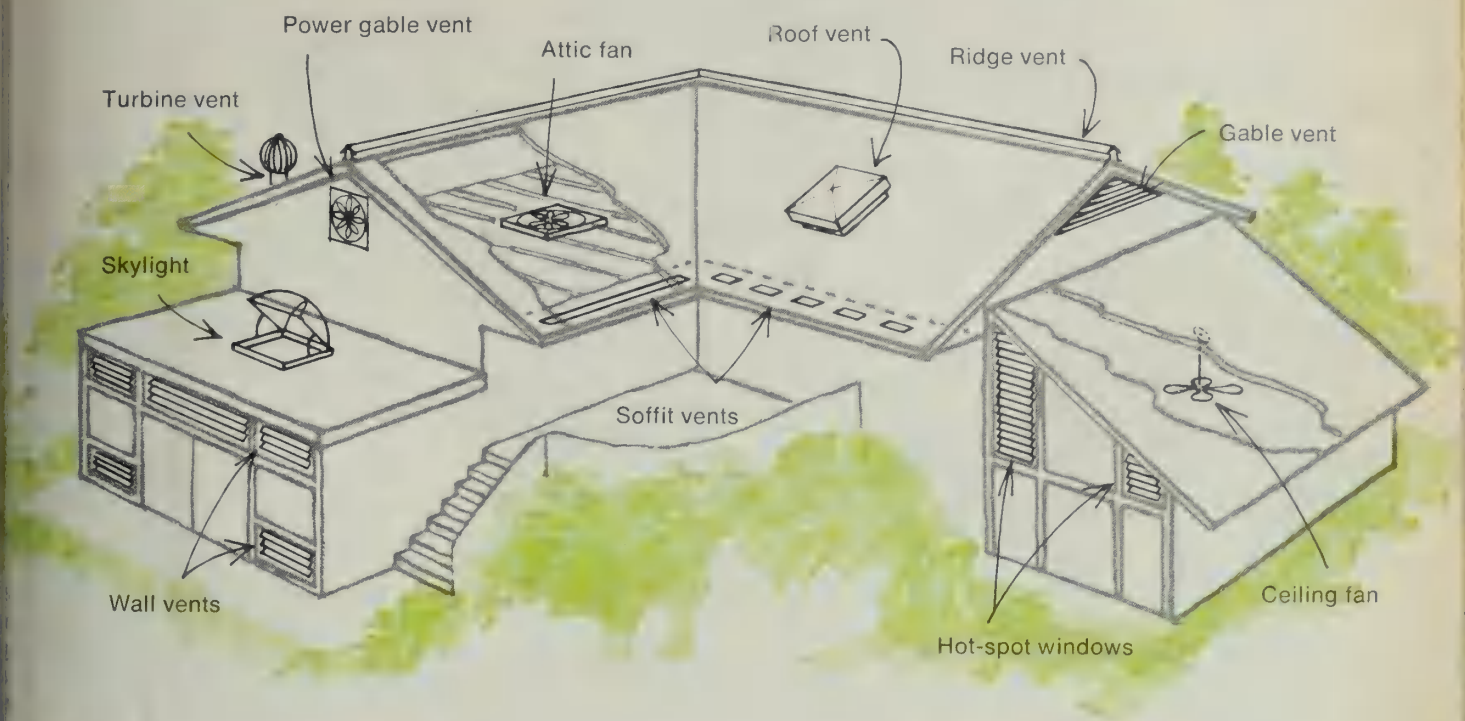
Gable vents are relatively easy to inst but they may not be adequate if they a spaced too far apart or if wind curre reduce their effectiveness. Ridge ve work very well, but may not be easy add to an existing roof.

Sometimes a power vent is the m efficient method of forcing out lar quantities of hot air. Typically rated 1/15 to 1/6 hp, a power vent uses lit electricity; in many homes it can actua reduce total power consumption, sin the air conditioner needn't be used often or as long.

In houses without attics, place ven windows, or skylights in high places release rising hot air; place other ve or windows in low places to bring in co air; position openings to take advanta of prevailing breezes.

Make sure your existing vents are clea try to determine if they are in the m effective locations, and then decide ho much more venting you need. Vi hardware stores or departments, hon improvement centers, or sheet-met shops to compare capacities and price Then either install the vents yourself contract the work (this is often advisab with roof vents, especially when add to built-up roofs).

Some of the devices are self-explan tory; others are sold with installatic instructions. Simple hand tools for cu ting holes and mounting vents (and pe haps some basic wiring skills) are usuall all you need to get the job done.



THE MANY WAYS TO VENT A HOUSE

You don't need all these devices . . . just the right combination

Wall vents. These can be positioned high to release hot air, or low in a shady place to let cool air enter. There will probably be some cold air leakage in colder weather.

Skylight. Installed with double-thickness insulating glass, a hinged skylight or one with vent louvers in its flashing can let in light, let out trapped hot air.

Turbine vent. The louvered hood rotates, using wind from all directions to help pull hot air out of the attic. It should sit high enough to catch wind, close enough to ridge to draw out all hot air. Works best on steep roof with dependable hot-weather breezes.

Power gable vent. This is simply an electric fan designed to be mounted in a gable to force out hot air. Several sizes and shapes are available. Prices start at about $65.

Attic fan. Mounted in the ceiling, this fan sucks hot air out of the living space and blows it into a vented attic. A 30-inch fan is sufficient to ventilate a 1,600 to 2,000-square-foot house in the Los Angeles area. It can be wired for off-on manual control or a thermostat control, and works by drawing out high, hot air before the entire room gets hot. Cost: $135 to $250.

Roof vent. Usually housing an electric fan, this kind of vent can be installed on any type of roof. Most electric models have automatic thermostats that turn on at a preset temperature as heat builds. A typical setting is on at 100°, off at 85°. (In the winter, let supplementary nonpower vents keep the air circulating to prevent moisture buildup.) Power vents cost $80 to $200.

Ridge vent. Fabricated metal ridges, with small louvers for rain protection, provide a continuous exit for hot air along the highest part of the roof. They are best installed when building or reroofing. The steeper the pitch of the roof, the better the draw of hot air. Installing a ridge vent is too difficult for most homeowners. Once installed, keep openings clear of cobwebs.

Gable vent. This inexpensive type of metal or wooden vent is sold in all sizes and shapes and is usually quite inconspicuous tucked under the roof end. For proper functioning, keep the screening on all vents clean.

Ceiling fan. Hard-to-find antique fans and modern reproductions aren't really vents, but when combined with windows and interior vents they can help move hot air out and create cooling breezes.

Hot-spot windows. Adding a new window or hinging an old fixed one in a high spot can reduce heat buildup in houses without attics. Louvered glass types (jalousies) make good vent windows; they can be operated from below by manipulating a chain or rod.

Soffit vents. Available in screened or louvered plates, in continuous louvered strips, or made by screening over holes drilled under the eaves, these are the best means of introducing exterior air to create an upward flow in the attic. They should be evenly spaced and kept clean. Make sure no insulation blocks them. □

Sunset's Kitchen Cabinet®

When a family outing calls for a picnic lunch or supper some warm day this month, you might include chilled fresh tomato soup or baked bean salad. Both can be made ahead, ready to accompany grilled frankfurters, hamburgers, or sandwiches.

For patio dining there are two flav ful entrées—a sausage and che pizza or a beef sauté with a variety garden vegetables.

And to show off July's blueberries,

Garnish each serving of this cool soup with a few chunks of buttery avocado

Chilled Chile Soup

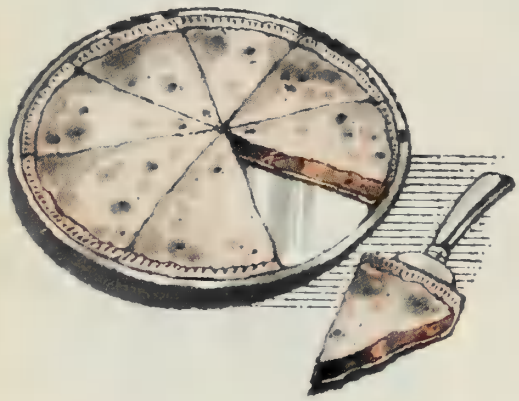
You purée some tomatoes and dice the rest for this version of gazpacho.

- 8 large tomatoes
- 1 teaspoon grated orange peel
- ½ cup orange juice
- 1 large cucumber, peeled and diced
- ¼ cup *each* finely chopped green pepper and green onion
- 1 can (7 oz.) whole kernel corn with red and green peppers
- 3 tablespoons *each* olive oil and lime juice
- 1 tablespoon chile powder
- 1 teaspoon salt
- ¼ teaspoon pepper
- 1 large avocado, peeled, pitted, and diced

Peel the tomatoes; cut 4 tomatoes into quarters and gently squeeze out the seeds and juices into a blenc container. Then finely dice the seed tomatoes and set aside. Add the maining 4 tomatoes to the blenc and whirl until puréed.

In a large bowl combine the diced mato, puréed tomato, orange peel a juice, cucumber, green pepper, gre onion, corn, olive oil, lime juice, ch powder, salt, and pepper. Stir well blend, cover, and chill at least 4 hou or overnight.

To serve, stir well then ladle in small bowls or mugs and top wi diced avocado. Makes about 10 cu —*H. N., San Francisco.*



Eggs, sausages, and three kinds of cheese give this pizza a custardlike filling

Italian Sausage Pizza

You can assemble the topping while the crust partially bakes; then fill the crust and finish baking the pizza.

- Pastry for a two-crust 9-inch pie
- About 1 pound mild Italian pork sausages
- 1 large onion, chopped
- 3 eggs
- ¼ teaspoon pepper
- ¼ cup grated Parmesan cheese
- 1 pound ricotta cheese, or small curd cottage cheese
- ⅓ cup finely chopped parsley
- ½ pound mozzarella cheese, sliced

Prepare pastry using a mix or your favorite recipe. Roll dough out on a floured board to fit a 14-inch pizza pan; fit dough into bottom and up sides of pan; prick well with a fo Bake in a 375° oven for 10 minutes

Meanwhile remove sausage casin and crumble the meat into a fryi pan; cook over medium heat for minutes, stirring frequently. A onion and continue to cook un onion is limp, 5 to 8 minutes. Disca fat. Beat eggs well, then stir in pepp Parmesan cheese, ricotta cheese, pa ley, and the sausage mixture. Spo into the baked crust; arrange mozz rella cheese over top. Bake in a 37 oven for 25 minutes or until cheese lightly browned. Makes 8 servings. *C. C., Cerritos, Calif.*

Use some sliced hard cooked eggs to garnish chilled salad at the picnic site

Baked Bean Salad

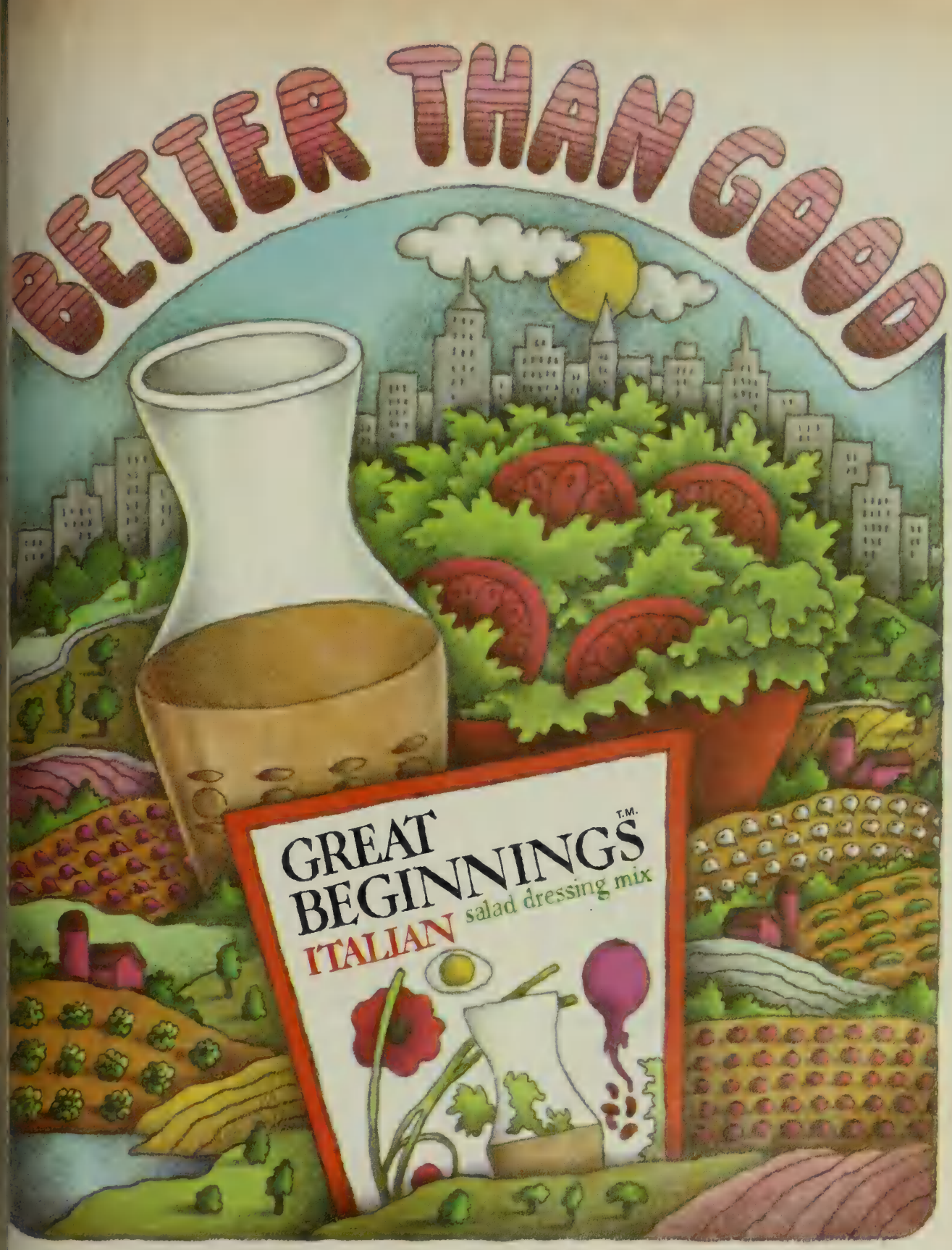
Canned pork and beans and crunchy raw vegetables make a hearty salad.

- ¼ cup light molasses
- 1 tablespoon prepared mustard
- 2 tablespoons *each* salad oil and cider vinegar
- 1 can (1 lb. 15 oz.) pork and beans with tomato sauce
- 1 cup thinly sliced celery
- ½ cup *each* sliced green onion and chopped carrot
- ½ cup chopped sweet pickle
- ½ cup diced sharp Cheddar cheese
- 1 cup diced cooked ham
- 1 large tomato, peeled and diced
- Salt and pepper
- 3 cups shredded iceberg lettuce

In a large bowl stir together the molasses, mustard, oil, and vinegar until well blended. Discard pork fat fro beans and add the beans and the sauce, celery, green onion, carr pickle, cheese, ham, and tomato vinegar mixture. Mix gently until ingredients are coated with the oil a vinegar mixture. Cover and chill least 2 hours or overnight.

To serve, arrange shredded lettuce a shallow salad bowl. Stir the be mixture, then spoon over lettuc Serves 6 to 8.—*D. S., Sacramento.*

If you plan to carry this salad to picnic, omit the lettuce and garni the bean mixture with sliced har cooked eggs.



It's Great Beginnings Salad Dressing Mix. Created with nature's delicate herbs and tangy spices to bring out the greatness of your salad every time. So unique, it has its own genuine cut glass cruet. Try all nine Great Beginnings: Italian, Mild Italian, Low Calorie Italian, Blue Cheese, French, Caesar, Garlic, Avocado, and Tarragon French. Prove to yourself that great is better than good.

Great Beginnings Salad Dressing Mix and Cruet

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FLAV-R-PAC Shredded Hash Brown Potatoes topped with cheese and sausage links, green salad and hot biscuits.

One package Flav-R-Pac Shredded Hash Brown Potatoes (Four 3-oz. servings)
2-3 Tablespoons cooking oil
1 Tablespoon butter
1/3 Cup grated Gruyere or Cheddar cheese
Sausage links
Green Salad
Package biscuit mix or frozen biscuits

Preheat oil and butter in heavy frying pan. Add frozen potatoes and fry 8-10 minutes each side over medium heat (350°). Salt and pepper to taste. Top with grated cheese and let melt or cover pan momentarily to melt quickly. Serves 4.

If it's Flav-R-Pac ...it's fancy!

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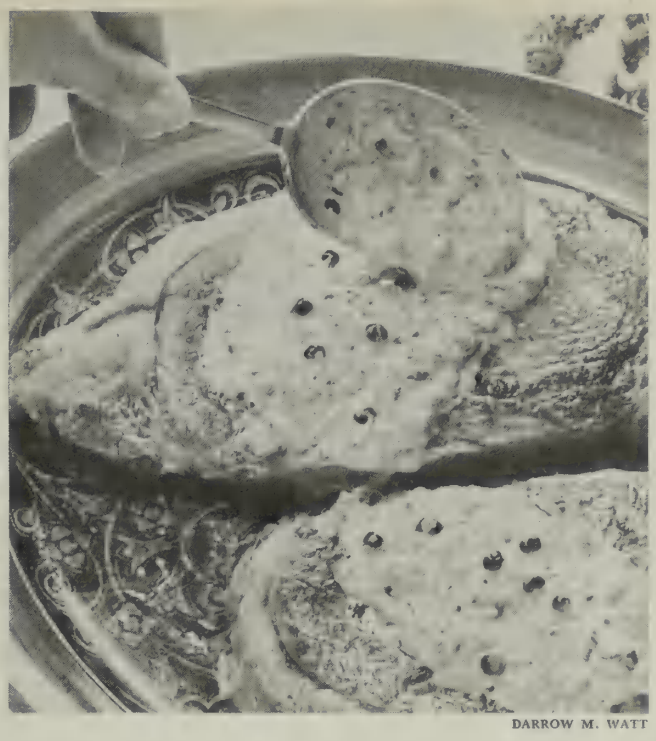
Soft *green berries of poivre vert will add mild peppery flavor as seasoning*



Rich *brandy sauce of cream, onion, green peppercorns seasons steak*

DARROW M. WATT

Pepper pork chops or pepper steak . . . a new way using green peppercorns

he berries of the pepper vine have a ılinary history stretching back over 000 years, but it is only recently that new style of pepper berries has found s way to market shelves. These are ılled *poivre vert*, or green peppercorns.

reen peppercorns, as well as our familr black and white peppers, are different ages of the same berry from the same ant. For green peppercorns, the erries are picked when soft, then imediately packed in a light brine or ater, and canned. If they are dried, the erries become the wrinkly skinned ack pepper we all know. Berries inıded for white pepper are allowed to pen longer on the vine before drying, en the darkened outer skin is buffed expose the creamy white core.

ıcking the green peppercorns in brine events contact with air so they retain eir soft green color. Their flavor, pical of pepper, is mild yet also puntly fresh. Added to meats, poultry, ıd vegetables, they impart a mellow, ıt definitely peppery flavor.

ook for green peppercorns in cans or rs in gourmet or spice shops and some ıport stores. The range in price is wide; 3½-ounce can sells for about 90 cents $3. The pungency of the flavor varies ıong brands as well. Our recipes call r a moderate amount of the spice. ıste a berry before you add some to a dish; then you may want to adjust the amount.

Once you open a can, the peppercorns will keep for many weeks if properly stored. Measure out the amount you need, rinse, and drain. Transfer the remainder to a small jar, add brine to cover the berries, cover tightly, and refrigerate. If the berries or brine turn dark, they have become oxidized and should be discarded.

As an introduction to this spice, we offer a variation on the classic recipe for pepper steak; this entrée achieves subtle new flavor when seasoned with green peppercorns, a dash of brandy, and cream. It's quickly prepared and ideal for a special occasion when a bit of extravagance is in order.

For the family, there's shoulder pork chops with rich flavor that carries the mild bite of the pepper well. Pungent with mustard and green peppercorns, the fluffy sauce in the third recipe is a flavorful garnish for grilled ham or poultry.

Here are a few additional suggestions for using green peppercorns.

With vegetables, mash about 1 tablespoon green peppercorns with about 2 tablespoons butter or margarine and use it to season about 4 to 6 servings of summer or winter squash, asparagus, corn, or green beans.

With scrambled eggs, crush about 2 teaspoons green peppercorns and stir into the butter used to scramble 4 to 6 eggs.

With meat marinades, substitute about 2 teaspoons crushed peppercorns for ¼ to ½ teaspoon ground black pepper called for in the recipe.

With salads, mash about 1 tablespoon green peppercorns and add to about ¾ cup of your favorite oil and vinegar salad dressing; shake well to distribute.

Steak with Green Peppercorns

- 2 bone-in or boneless (about 1 to 1½ lbs.) tender beef steaks from the rib, loin, or tenderloin, cut 1 inch thick
- 1 tablespoon *each* butter or margarine and salad oil
- Salt
- ¼ cup finely minced onion
- ⅓ cup brandy
- About 1 tablespoon green peppercorns, rinsed and drained
- ½ cup whipping cream
- 2 teaspoons Dijon mustard
- ¼ teaspoon tarragon leaves

Score exterior fat along edges of steak. Heat a wide frying pan over high heat; add the butter and oil. Add the steaks and cook quickly until well browned on one side, about 3 minutes, then turn steaks and cook to desired doneness, about 3 minutes more for rare meat. Transfer steaks to a warmed serving platter, salt lightly, and keep warm.

Add the onion to the pan and cook,

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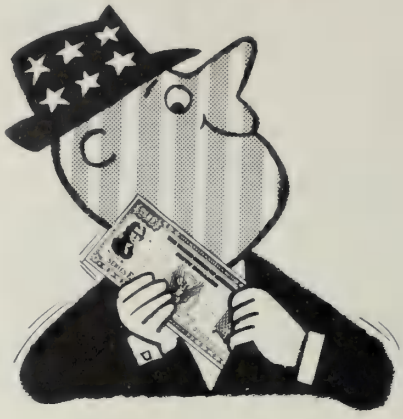
How to get a nice red, white and blue feeling —and pocket a little green



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stirring until soft. Add the brandy and stir to release browned particles. Reserve about 1 teaspoon of the peppercorns; crush remainder and stir into the pan with the cream, mustard, and tarragon. Boil sauce, stirring, until thickened, about 3 minutes. Stir in remaining peppercorns and pour sauce over steaks. Makes 2 servings.

Pork Chops with Green Peppercorns

About 5 teaspoons green peppercorns, rinsed and drained
1 clove garlic, minced or mashed
¼ teaspoon *each* ground cinnamon and ground cumin
4 shoulder pork chops (about 2 lbs.), cut ¾ inch thick
About 1 tablespoon salad oil (optional)
½ pound mushrooms, sliced
1 large onion, thinly sliced
1 bay leaf
½ cup regular-strength chicken broth
⅓ cup dry white wine
1 tablespoon soy sauce
Minced parsley

With a mortar and pestle (or heavy spoon), mash about 4 teaspoons of the peppercorns with the garlic, cinnamon, and cumin to make a paste. Trim excess fat from chops, then rub paste evenly on surface of meat.

In a Dutch oven, render fat cut from chops, stirring until pan is lightly greased. Discard fat pieces. Add pork chops and brown well on both sides over medium-high heat; remove chops as browned.

Add salad oil to pan if it appears dry, then add mushrooms and onions. Cook, stirring, over medium heat until mushrooms and onions are golden. Stir in the bay leaf, chicken broth, wine, and soy sauce; add the pork chops. Cover and simmer until chops are tender when pierced, about 45 minutes.

Transfer chops to a serving dish and keep warm. Turn heat to high and boil to reduce sauce until thickened, about 5 minutes. Stir in remaining peppercorns and pour over chops. Sprinkle minced parsley over chops for garnish. Makes 4 servings.

Mustard Sauce with Green Peppercorns

In the top of a double boiler, blend together 1 tablespoon sugar, 3 tablespoons Dijon mustard, 2 tablespoons white wine vinegar, ¾ teaspoon salt, 2 egg yolks, and 1½ tablespoons rinsed and drained green peppercorns. Cook, stirring, over hot (not boiling) water until mixture thickens, about 5 minutes. Remove from heat and stir in 1 tablespoon butter or margarine; set aside.

Whip ½ cup whipping cream until stiff, then fold cream into mustard mixture until smoothly blended. Cover and chill. Serve with hot or cold cooked meats such as ham, chicken, turkey, or pork. Sauce will keep for up to about a week when refrigerated. Makes about 1½ cups sauce. ◻

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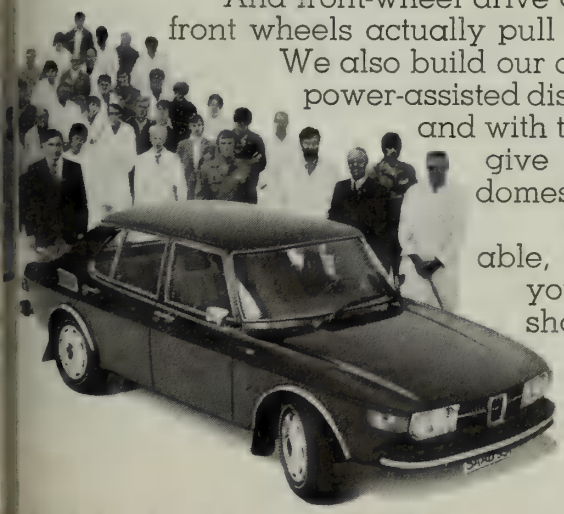

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WHY NUCLEAR POWER IS THE SOLUTION TO THE ENERGY PROBLEM

The electric energy problem here in California is simply a matter of oil and natural gas shortages. The problem is going to plague us for some time to come, unless other forms of energy are used. The solution is to use energy wisely and to build more nuclear power plants. Nuclear plants are safe. They are practical. They are economical. They are environmentally clean. But they take time to build—about ten years.

There's no mystery about nuclear power plants. There are 44 operating in the United States; more than that among other nations of the world. There are more than 100 nuclear-powered ships in the U.S. Navy; even more in other fleets. The nuclear industry has hundreds of reactor years of successful operating experience. The technology is proven.

Some people have questions about nuclear power. Some people give incorrect answers to those questions.

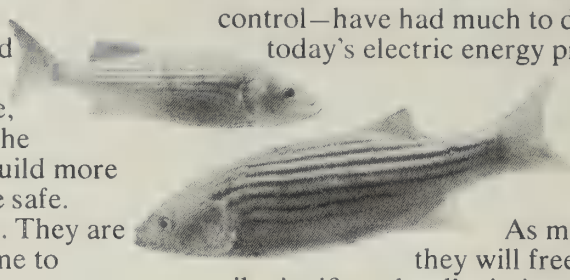
We at PG&E have had long experience with nuclear plants. We believe firmly in them. So do other utilities, world-wide, both government-owned and investor-owned. And so does the overwhelming majority of the scientific community.

Nine nuclear pellets produce as much energy as 30 barrels of oil.

NUCLEAR POWER AND THE FUEL SHORTAGE

At present most of PG&E's steam-electric power plants burn scarce and very expensive low-sulfur oil to generate electricity. We will have to buy about 20 million barrels this year and 35 million next year to meet our customers' electric energy needs. Our two-unit Diablo Canyon Nuclear Power Plant, now under construction in San Luis Obispo County, will displace a need for an additional 24 million barrels of oil every year in the future.

Delays in construction schedules of these and other nuclear units—delays, for a variety of reasons, over which utilities generally have little control—have had much to do with bringing a today's electric energy problems in Califo



While nu power plants not solve the p lem immediatel they can in tim As more come into ser they will free up large amount oil, significantly alleviating the aggravating l range fuel shortage—gasoline and all.

NUCLEAR POWER AND SAFETY

The safety record of commercial nucl power plants is unmatched in industrial hist Safety systems and their back-up systems fun tion efficiently. There have been no nuclear-caused deaths. Not even a significant injury (For comparison, about 54,000 Americans killed every year in auto accidents; 3,000 di choking on food; 160 are killed by lightning.

Actually, fissionable nuclear fuel for power plants is very dilute—so dilute that it impossible to create an atomic explosion in nuclear reactor.

With all the safeguards that are built each nuclear power plant, the chance of a n accident is about one in a million.

NUCLEAR WASTE. WHAT HAPPENS TO IT?

When nuclear fuel is used, nuclear wa is created. But more than 95 per cent of the original fuel is recycled for re-use. The rema ing waste is small—so small that such waste a large nuclear unit operating for 30 years cou be contained in a space no larger than a two car garage. The waste is radioactive; but is treated as such. Very carefully. Safety first.

Used fuel is sealed in heavily-shielded leak-tight casks and shipped to a facility wh specializes in nuclear fuel reprocessing. Eve safety precaution is taken to insure that no leakage occurs. Shipping and handling are carried out under strict regulations of the Al and the U.S. Department of Transportation. After processing, the residual waste will be solidified and placed in secure, long-term stor under rigid government control.

NUCLEAR POWER PLANTS AND MARINE L

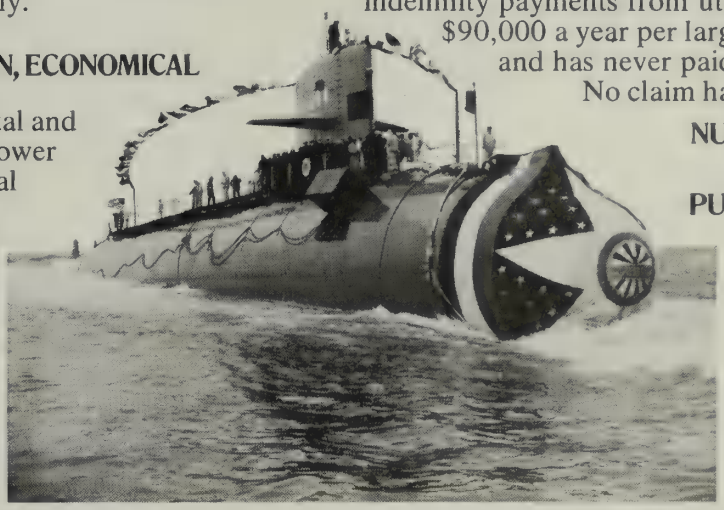
Some people have voiced concern bec some power plants discharge warm water bac into natural water bodies. These power plant

ther nuclear or fossil-fueled—use cooling water eam condensers. In a nuclear plant the cooling er is only about 19° warmer when returned to ource, and otherwise is harmless. Where the er source is large enough and cold enough to ive and assimilate it, like the Pacific Ocean, it no significant adverse effect on marine life. only appreciable change is that in the immed- water discharge area the balance between n water species and cold water species of ine life may shift in favor of those liking ner water. In fact, after 24 years of scientific y and many more years of operating rience, it is clearly established that marine ear PG&E power plants tends to be *more* tiful than it was originally.

CLEAR POWER-CLEAN, ECONOMICAL

For both environmental and omic reasons, nuclear power e solution to the electrical gy problem.

Most hydroelectric er resources are dy developed. Fossil- d steam electric plants ume scarce and asingly costly oil and ral gas. Barring tech- gical breakthroughs, hermal energy can only a small part of e power needs.



Thousands of men work and live safely on nuclear-powered subs.

on power is decades away. And other pos- sources of energy, such as solar, tidal and power, are in experimental stages of develop- , and the latter two may never become ical for large-scale use. Coal can supply some in California over the short run. But nuclear gy is the power source which has arrived.

Nuclear power is economical. For example, lectricity produced at PG&E's Nuclear Power t for $2.00 would cost $17.20 at a plant ing low-sulfur oil, at today's fuel prices.

Moreover, nuclear power generation is . Unlike burned fuels, it releases no com- on products into the environment.

NUCLEAR POWER AND INSURANCE

Some people say that private insurance anies won't cover a nuclear power plant. s false. Private companies provide $110 on worth of liability insurance for each ar power reactor location. There have been no claims against nuclear power reactors. In fact, the insurance companies have been refunding part of the premiums paid by the utilities.

In addition, utilities pay the federal government for indemnity insurance coverage of $450 million for each reactor location. The federal indemnity program was created by Congress in 1957 (Price-Anderson Act) to help encourage development of a nuclear power industry in the U.S. It has been good business for the taxpayers. And it gives the public greater protection than separate homeowner insurance policies could provide. That's one of the reasons why your home-owner policies have a nuclear exclusion clause.

The government has collected millions in indemnity payments from utilities—about $90,000 a year per large reactor—and has never paid out one cent. No claim has ever been filed.

NUCLEAR POWER AND THE PUBLIC INTEREST

One of the big PG&E nuclear units at Diablo Canyon is planned for service next year, and the other unit in 1976. But it will take about ten years to build additional nuclear capacity—including the time it takes to find and acquire suitable sites and obtain clearances and approvals from more than 30 governmental and public agencies.

Every year of delay exposes all of us to shortages and higher rates, and further drains our diminishing fossil fuel resources.

The energy problem simply must be solved, and nuclear power will go a long way toward solving it. Electrical energy is essential to everybody, and especially to the young people who will be forming families and needing jobs. We don't intend to relax in our efforts to provide adequate and reliable service for all our customers in the future, just as we have provided it in the past. You can help now by conserving energy at home and on the job.

If you or anyone you know would like more information on nuclear power, PG&E will be pleased to provide it. Just write:
PG&E Nuclear Information, 77 Beale Street, San Francisco, California 94106.

PG and E

Present braised beef *surrounded by tiny squash, carrots, potatoes, onions. Guests choose, then spoon tangy gravy over all*

Oxbringa?

Serve it as a supper surprise. It's Swedish and it's easy to do, delicious to eat, reasonably inexpensive. It's beef brisket with vegetables

NORMAN A. PLATE

For a second meal *offer bowls of hearty soup made from cut cooked vegetables and chunks of beef in steaming-hot broth*

DARROW M. WATT

To show off the succulent sweet flavor of tender young vegetables, the Swedes often make *oxbringa.* The name comes from their word for the beef brisket that is the base of this colorful variant of a boiled dinner. It's a practical dish worth duplicating at home when you thin your vegetable garden or discover tiny new vegetables in the market. (Or you can use more mature vegetables and simply cut them into small pieces.)

Oxbringa makes an easy-to-manage entrée at a party for about a dozen guests. Or you can offer it, as the Scandinavians often do, as two meals for the family. Either way, you start by slowly simmering a piece of fresh beef brisket; the rich stock that develops is used to cook the vegetables and later becomes the base of the creamy horseradish-seasoned gravy. For a second meal, you just combine the cooked meat, vegetables, and any leftover gravy into a hearty satisfying soup.

With the oxbringa, offer an oil and vinegar-dressed green salad and a light simple dessert such as fresh fruit and cheese or a berry sherbet.

Oxbringa

- 5 to 5½-pound piece fresh lean beef brisket
- 1 large onion, chopped
- 1 large carrot, chopped
- 6 cups water
- 1 bay leaf
- 6 whole black peppers
- 1½ teaspoons salt
- 1 tablespoon *each* celery seed and mustard seed
- 12 to 24 red-skinned new potatoes, unpeeled (about 1 inch in diameter)
- 12 to 24 small white boiling onions (about 1 inch in diameter)
- 5 to 6 dozen assorted garden vegetables (suggestions follow)
- ¾ cup whipping cream
- 3 tablespoons cornstarch
- Prepared horseradish

Trim excess fat from meat. Deeply brown meat without additional fat in a large (about 8 qt.) heavy kettle; this is a large cut and will probably require shifting about in the pan in order to brown all surfaces. Lift out and set aside. Add the 1 large onion and carrot to the drippings and cook, stirring, until they are browned. Return meat to pan with the water, bay, pepper, salt, celery seed, and mustard seed. Cover and simmer gently for about 2½ hours or until meat pierces easily. (This much can be done ahead; cover and refrigerate.)

Skim fat from stock (or lift off solidified fat, if chilled; reheat meat in stock until hot through, 35 to 45 minutes). Transfer hot meat to a serving platter; keep warm. Pour stock through a wire strainer; discard seasoning vegetables and spices.

Heat the stock to boiling, add potatoes and onions, and simmer, covered, for about 10 minutes or until vegetables are tender when pierced; lift out with a slotted spoon and arrange around meat; keep warm. Add your choice of the garden vegetables suggested and simmer, covered, for about 5 minutes or until just tender when pierced. Arrange around meat.

Blend cream with the cornstarch, add 2 tablespoons horseradish, and stir into stock; cook, stirring, until thickened. Pass gravy in a separate bowl to spoon over meat and vegetables. Also pass additional horseradish at the table. Makes about 12 servings.

Garden vegetables. Choose at least 3 kinds from the following vegetables: small whole (about 3 inches long) carrots, green beans, parsnips, crookneck squash or zucchini, or whole (1 to 1½-inch) patty pan squash or turnips. If you buy larger market vegetables, just cut them to similar-size pieces.

She's thinning *tiny turnips and carrots from garden to use in Swedish oxbringa*

Oxbringa soup

For six main-dish servings, heat 3 cans (14 oz. *each*) regular-strength beef broth in a 5-quart kettle over medium heat. Add leftover meat and vegetables, cut in bite-sized pieces (you should have about 5 cups meat and 6 to 8 cups vegetables) and any leftover gravy. Season to taste with salt and pepper and heat through.

Just before serving, garnish the soup with some finely chopped parsley and thinly sliced green onion; pass sour cream at the table to spoon into individual servings. □

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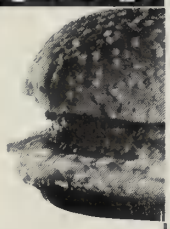

2 pkgs. Bird Farm Original
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Throughly mix sausage, beef, cheese, salt and pepper to taste. Form into 6 to 8 generous patties. Grill 4 to 5 inches above coals. Turn, brush on mustard. Place on toasted hamburger bun and serve with dill pickle chips as garnish.

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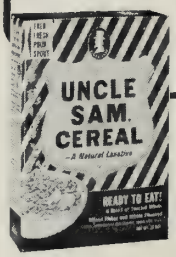

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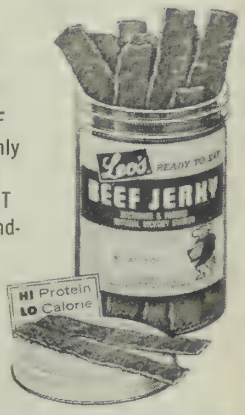

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Pour smooth custard *over airy meringue and blueberries; spoon into bowls to serve*

The crowning touch is blueberries

In midsummer when plump, juicy blueberries make a brief appearance in Western markets, it's the time to feature them fresh in simple dessert combinations.

For the two summery desserts pictured here, a fluffy meringue pudding and a tender chiffon cake form the base for the fresh blueberries and a rich tasting sauce. You can prepare the pudding or cake and both sauces ahead. Then, to present the berries at their best, quickly assemble the desserts just before serving.

You create, in effect, a version of floating island as you pour the custard sauce over the blueberries and billowy meringue for this dessert.

Floating Blueberries and Meringue

In a cup sprinkle 1 envelope unflavored gelatin over ¼ cup cold water; let stand 5 minutes to soften. Place over hot water and stir until dissolved. In the large bowl of an electric mixer combine gelatin with 5 egg whites. Beat at highest speed until mixture forms a very thick white foam (about 3 minutes), and is about 5 times the original volume. Continue beating and begin adding ¾ cup sugar, sprinkling 1 tablespoon over the whites every minute. Continue beating until whites hold soft peaks that bend over when beaters are withdrawn; beat in ½ teaspoon grated lemon peel. Pile meringue into a wide, shallow serving bowl. With a cap of foil, cover meringue without touching it. Chill 2 to 4 hours.

Meanwhile, in the top of a double boiler, blend 5 egg yolks, ¼ cup sugar, and a dash salt; stir in 2 cups milk. Cook, stirring, over gently simmering water until mixture thickly coats the back of a metal spoon, about 20 minutes. Remove from heat; stir in ¼ teaspoon *each* lemon extract and vanilla. Chill. To serve, sprinkle 2 cups washed and well-drained blueberries over meringue; pour custard sauce over all. Makes 6 to 8 servings.

The cake for this dessert gets its shape from a special tart pan; it has fluted edges and a raised center (available in most shops selling imported cookware). When baked, the cake has a well in the center to hold the lemon sauc and blueberries. Instead of baking th cake, you can buy individual spon cake cups in your market. Top the with the sauce and berries.

Blueberry Lemon Sauce Torte

Rimmed chiffon cake (recipe follows) or 2 packages (3½ oz. *each*) individual sponge cake dessert cups
2 whole eggs
2 egg yolks
¾ cup sugar
1 teaspoon grated lemon peel
⅓ cup lemon juice
3 tablespoons soft butter or margarine
Dash *each* salt and ground allspice
About 3 cups blueberries, washed and drained
Sweetened, softly whipped cream

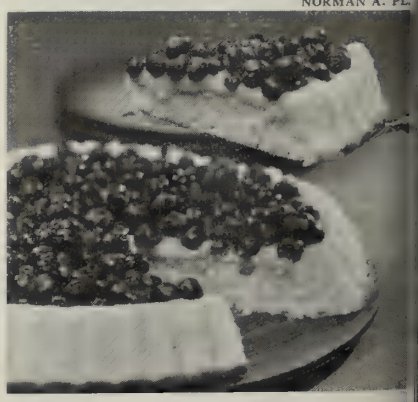
Prepare rimmed cake as directed belo (omit if dessert cups are used).

In the top of a double boiler, lightly be together the whole eggs and egg yolk Stir in sugar, lemon peel, lemon juic and butter. Cook over hot (not boilin water, stirring, until it's as thick as ma onnaise (about 10 minutes). Remo from heat; stir in salt and allspice; chi

To serve, spread lemon sauce over i dented area of cake or spoon equal over dessert cups. Sprinkle berries ov top. Spoon whipped cream over ea serving. Makes 8 to 12 servings.

Rimmed Chiffon Cake. Heavily butt and flour-dust an 11 to 11½-inch flut tart pan with raised center. With electric mixer, beat together ¼ cup so butter or margarine and ¾ cup sug until light. Stir together 1¼ cups u sifted cake flour, 2 teaspoons baki powder, and ½ teaspoon salt. Add h of the flour mixture with ¼ cup m to the butter mixture; beat until blende Add remaining flour mixture, ¼ c milk, ½ teaspoon lemon extract, ¼ te spoon vanilla, and 3 egg yolks; beat un thoroughly blended and smooth. Po batter into prepared pan. Bake on t lowest rack of a 350° oven for 20 to minutes or until cake springs back wh lightly touched in the center; cool in p 5 minutes. Ease edges free and inv onto a flat serving plate; cool.

NORMAN A. PL



Berries *and lemon sauce atop tender cake*

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DARROW M. WATT

Choices *for make-your-own stew include tiny meatballs, sausages, mushrooms, peas, carrots, potatoes, and onions. Add flavorful sauce and heat on barbecue*

JULY MENUS

A put-it-together-for-yourself stew for the Fourth, a patio salad lunch, a curry-skewer dinner

To celebrate Fourth of July, why not in vite neighbors over for a barbecue stew For this casual meal everyone makes h own individual pan of stew to heat ov the coals.

For a quick-to-assemble lunch or ligh supper on a warm day, you can mak the crunchy chicken salad in the cool the morning. And our third menu, sui able for a small dinner party or a speci family dinner, features a choice of skew ered meats with a flavorful sauce spoon over meat and rice.

Fourth of July barbecue stew

This party is for 6 to 8 guests. All th ingredients for the savory stew a either precooked or quick-cooking, it's ready to eat when hot and bubbly.

Fruit Punch
Individual Stew on the Barbecue
Warm Crusty Rolls
Fourth of July Sundaes

The meatballs for the stew can be pr pared a day ahead; or freeze for long storage, then thaw before serving. Y can also cook the potatoes ahead a assemble most of the vegetables seve hours or a day ahead.

You'll also need to bake the shortbre cooky base for the dessert ahead. Gue assemble their own sundaes with t shortbread, ice cream, fresh blueberri cream, and nuts.

Wrap rolls in foil and set them to o side of the grill to warm while gue assemble their stew.

Individual Stew on the Barbecue

For the meatballs, combine 2 poun lean ground beef, 2 eggs, ½ cup fine d bread crumbs, 1 teaspoon dry musta

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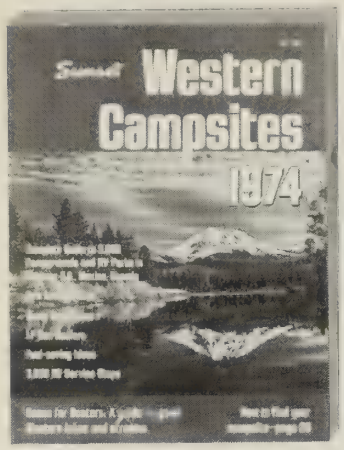

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and 2 teaspoons Worcestershire. Shape into balls the size of large marbles and arrange on rimmed baking pans. Bake in a 500° oven for 4 to 5 minutes or until browned. Cover and refrigerate or freeze if made ahead.

You'll also need about 1 to 1½ pounds fully cooked, cocktail-sized frankfurters or smoke-flavored links.

Several hours or up to a day ahead, cook 1½ pounds unpeeled small red new potatoes in boiling water until tender; drain and chill. Then cut into chunks. Also thinly slice ¾ pound small white boiling onions (pick out fairly large onions); separate into rings. Cut about ¾ pound carrots into paper-thin slices (or coarsely shred), cover, and chill.

Shortly before serving, thaw 1 package (10 oz.) *each* whole kernel corn or peas. And thinly slice ½ pound small fresh mushrooms.

For the sauce, bring to simmering 2 large cans (15 oz. *each*) tomato sauce, 2 cans (14 oz. *each*) regular-strength beef broth, and 1 teaspoon *each* sugar, oregano, and basil leaves; pour into a serving pitcher.

Place the meatballs, sausages, and vegetables in separate containers and arrange them near the barbecue with the pitcher of sauce. Also set out hot pads, roll of foil, serving utensils, and a bowl of sour cream or grated Parmesan cheese.

Provide each guest with a small foil loaf pan (about 3¾ by 6 inches). Suggest they fill the pan about half full with stew ingredients, then pour in enough sauce to almost cover. Cover pans with foil and set on grill about 4 to 6 inches above a medium-hot fire. The stew is ready to eat when bubbly hot, about 25 minutes. Remove from grill and stir in a dollop of sour cream or grated Parmesan cheese as desired. Serves 6 to 8.

Fourth of July Sundaes

For the shortbread cooky base, combine 2¼ cups unsifted regular all-purpose flour, ½ cup sugar, and 1 cup (½ lb.) butter or margarine, cut in chunks. With your hands, work mixture until very crumbly and no large particles remain; then press mixture into a firm lump with your hands. Place dough (it is crumbly) in a 9 by 13-inch baking pan and press out firmly, evenly. Impress edge of dough with tines of a fork, then carefully prick surface evenly. Bake in a 325° oven for about 30 minutes or until a pale golden brown. Remove from oven and while hot, cut with a sharp knife into 6 to 8 pieces. Let cool in pan, then remove carefully with a wide spatula. If made ahead, wrap shortbread airtight and store at room temperature.—*S. R., Campbell, Calif.*

You'll also need about ½ gallon strawberry ice cream, 2 cups blueberries, sweetened whipped cream, and toasted nuts or coconut. Serve buffet-style. Or dessert plates top shortbread with ice cream and blueberries and garnish with whipped cream and nuts or coconut as desired.

Patio lunch or light supper

This chicken salad is served on a pineapple ring, sprinkled with cheese, and slipped under the broiler briefly to melt the cheese. Serve it atop a toasted muffin half like a big open-faced sandwich to eat with knife and fork. Or serve the broiled salad with a basket of the toasted muffins on the side.

Pineapple Chicken Salad with Toasted English Muffins
Chilled Melon Wedges
Iced Tea

You can use leftover cooked chicken or turkey for the salad. Or simply simmer 1½ pounds chicken breasts in a small amount of salted water until meat is no longer pink throughout, about 15 minutes. When cool, discard skin and bones, then cut or tear meat into thin bite-sized pieces.

Pineapple Chicken Salad

- 1 to 2 cups cooked chicken or turkey, in bite-sized pieces
- ½ cup mayonnaise
- 1 teaspoon Dijon mustard
- ½ cup thinly sliced celery
- ¼ cup chopped green onion
- Salt and pepper to taste
- ⅓ cup toasted sliced almonds
- 1 can (about 8 oz.) sliced pineapple, drained or 4 thin slices fresh pineapple, peeled and cored
- About ½ cup shredded Cheddar cheese
- 2 English muffins, split, toasted, and buttered

Stir together the chicken, mayonnaise, mustard, celery, and green onion. Season to taste with salt and pepper. Cover and chill until serving.

To serve, gently stir in almonds. Arrange 4 slices of pineapple on a broiler pan and top each with an equal amount of chicken salad and sprinkle with cheese. Broil about 4 inches from the heat just until cheese melts. With a wide spatula lift onto muffin halves or directly onto plates. Makes 4 servings.—*E. H., Lewiston, Idaho.*

Family or company dinner

This menu features a flavorful tomato curry sauce that goes well with broiled skewers of juicy pork, lamb, or chicken and rice.

Broiled Pork, Lamb, or Chicken Skewers with Tomato Curry Sauce
Hot Cooked Rice **Sautéed Bananas**
Orange Sherbet

For the skewers, use a tender cut of boneless pork such as tenderloin or lea

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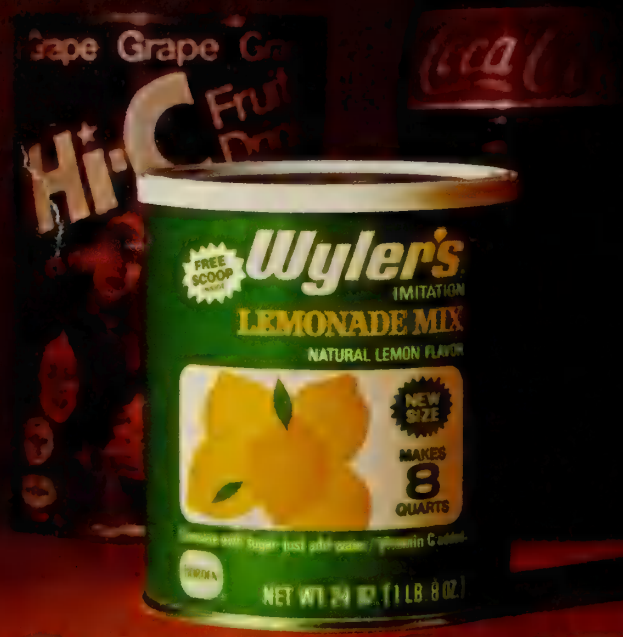

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boned shoulder. Boneless leg of lamb c other lean boneless lamb cut into cube for shish kebabs are also a good choic Or you might use skinned and bone chicken breast.

Broiled Pork, Lamb, or Chicken Skewer with Tomato Curry Sauce

- 1½ pounds tender boneless pork or lamb, or boned chicken breast
- ½ cup *each* dry Sherry and chopped onion
- Salad oil
- 1 green pepper, seeded and chopped
- ¾ cup chopped celery
- 1 tart green apple, peeled, cored, and chopped
- 2 to 3 teaspoons curry powder
- 3 tablespoons butter or margarine
- 3 tablespoons canned tomato paste
- 1 cup regular-strength beef broth
- ½ teaspoon salt

If you use pork tenderloin, cut it cros wise into slices about 1 inch thick. C cut pork shoulder, lamb, or chicken int about 1½-inch cubes. Thread meat o 4 to 6 metal skewers. Combine Sherr and onion and pour over meat; cove and chill 2 to 4 hours.

Lift meat from marinade and save mar nade. Brush skewers with salad oil an broil 4 to 6 inches from heat, turning a needed and brushing with more salad o until chicken is opaque throughou (about 10 minutes), lamb is done to you liking (about 15 minutes for mediur rare), or pork is no longer pink through out (about 20 minutes).

Meanwhile, prepare the curry sauce. I a frying pan, sauté the green pepper, ce ery, apple, and curry in the butter unt apple is tender. Stir in reserved marinad and bring to simmering. Add tomat paste, broth, and salt, and simme gently, uncovered, until sauce is thick ened. Stir occasionally; pour into a serv ing dish and keep warm.

Serve sauce to spoon over meat skewer Makes 4 to 6 servings.

Sautéed Bananas

Melt 2 tablespoons butter or margarin in a frying pan over medium heat. Pe 3 to 4 small bananas and cut in ha lengthwise. Sauté bananas in butter fo about 1 minute on each side or until h throughout; turn carefully with a wid spatula. Serve hot.

It's a youth cooler

This refreshing summer cooler is so easy to assemble that young cooks can make it themselves.

Yogurt Shake. Whirl together in a blender equal parts *each* of unflavored yogurt and your favorite fruit sherbet until smooth and slushy. Pour into glasses to serve. —*E. M., Bellingham, Wash.* □

We put twelve tasty ingredients into our Catsup and Relish so you'll get one tasty hamburger.

What really makes a burger sizzle is Del Monte® Catsup and Del Monte Hamburger Relish. That's because the Catsup is blended with beautiful spices and herbs to give it a thick rich flavor. And the Del Monte Relish is full of natural ingredients including zesty bell peppers. So when you're bar-b-queing this summer don't forget the sizzle. Del Monte Catsup and Relish. They'll make any hamburger stand out in a crowd.

DARROW M. W

Garden-fresh *sandwiches—to eat open-faced or topped with another slice of bread*

One name for them is garden sandwiches

A vegetable sandwich? Why not? When vitamin-packed vegetables combine with protein-rich cheese or egg, they make wholesome, satisfying sandwiches. Here we pair mushrooms with Swiss cheese, edible pod peas with egg salad, zucchini with egg, and carrot slaw with sliced jack cheese.

You can serve the sandwiches open-faced to eat with knife and fork, or topped with a slice of bread to eat out of hand. Either way they make a healthful lunch.

Marinated Mushroom Sandwich

Stir together 3 tablespoons olive oil, 1 tablespoon lemon juice, ¼ teaspoon *each* garlic salt and oregano leaves. Stir in ¼ pound mushrooms (thinly sliced through the stem) and ⅓ cup thinly sliced celery. Cover and chill, stirring occasionally, for at least 1 hour or up to overnight.

Butter 2 or 4 slices rye bread. On each of 2 slices, lay 1 leaf butter lettuce, then 1 or 2 slices Swiss cheese. With a slotted spoon lift mushroom mixture from dressing, let drain briefly, and mound half of the mixture on each sandwich. Serve open-faced or top with remaining bread slices. Makes 2 sandwiches.—*D. B., Atherton, Calif.*

Crunchy Egg Salad Sandwich

Stir together 2 tablespoons mayonnaise, ¼ teaspoon *each* garlic salt and pepper, and ¾ teaspoon Dijon mustard. Add 3 chopped hard-cooked eggs; mix to blend.

Butter 2 or 4 slices rye, pumpernickel, or whole wheat bread. On each of 2 slices, lay 1 leaf butter lettuce or about ⅓ cup bean sprouts, then arrange 6 to 8 raw edible pod peas (ends and strings removed) over lettuce, and mound half of the egg salad over each sandwich. Sprinkle each with about 2 teaspoons thinly sliced green onion, if desired. Serve open-faced or top with remaining bread. Makes 2 sandwiches.

Zucchini and Egg Sandwich

Combine 3 tablespoons mayonnaise, 1 clove garlic (minced or mashed), ¼ teaspoon *each* salt, pepper, and prepared horseradish; mix until blended, then stir in 2 small zucchini (thinly sliced).

Butter 2 or 4 slices pumpernickel, r or whole wheat bread. On each o slices, lay a leaf of butter lettuce. Spo half of the zucchini mixture over e sandwich and sprinkle each with abou tablespoon thinly sliced green onic Arrange 2 to 4 slices or wedges of ha cooked egg on each. Serve open-faced top with remaining slices of bre Makes 2 sandwiches.

Carrot Slaw Sandwiches

Stir together ¼ cup unflavored yogu 1 teaspoon honey, ¼ teaspoon *e* grated lemon peel and salt. Add 1 c shredded carrots, ⅓ cup thinly sli celery, and ¼ cup raisins; stir u blended.

Butter 2 or 4 slices whole wheat bre On each of 2 slices, lay a leaf of but lettuce, then 1 or 2 slices of jack chee top each with half of the carrot mixtu Sprinkle over each about 1 tablespo roasted sunflower seeds. Serve op faced or top with remaining bre Makes 2 sandwiches.

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Fresh summer fruits. Some are desserts.

Some aren't. Some are fruit salads. Use Dole bananas and Reddi-Wip® real cream topping for freshness. It doesn't matter what you call them. Your family will name one after you.

FRUIT 'N CHEESE TOSS

Cut cantaloupe in half, remove se
Arrange avocado balls, nectarine
banana slices, pitted cherries
bleu cheese in cantaloupe halves
with Reddi-Wip® to serve.

SUMMER FRUIT SPLIT

3 scoops of sherbet in a -split dish. Arrange bananas, rry and peach slices and blue- around sherbet. Top with Vip® to serve.

DESSERT SUPREME

Cut pineapple in half lengthwise. Remove fruit keeping shells intact. Core and chunk fruit. Arrange with banana and strawberry slices, cantaloupe and watermelon balls in pineapple shells. Top with Reddi-Wip® to serve.

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HOW CAN YOU CREATE ONE GREAT TASTE FROM A VARIETY OF FLAVORS?

Accent Flavor Enhancer has the answer

There are a lot of great flavors in this world. Each with a taste of its own. But to bring them all together for one great recipe, you need Accent Flavor Enhancer. It not only brings out the natural flavor of foods, it also blends together a medley of flavors.

Try this recipe for Chicken Cacciatori and see for yourself what a delicious difference Accent Flavor Enhancer makes.

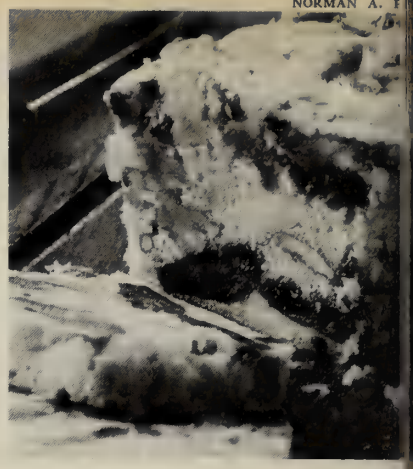
2 three lb. chickens (cut into serving pieces)
3 tsp. Accent Flavor Enhancer
2 med. onions, coarsely chopped
2 cups tomatoes, peeled and seeded (fresh or canned)
1 cup green pepper, coarsely chopped and seeded
1 garlic clove, finely chopped
1 cup white wine
5 tblsp. olive oil
flour (enough to cover chicken)
salt and pepper

In a large skillet, in 2 tablespoons olive oil sauté onions until they are slightly browned. Remove onion from skillet and reserve it. Sprinkle chicken generously with Accent Flavor Enhancer on all sides. Dredge the chicken in flour and sauté until well browned on all sides in the oil in which the onion was browned, adding 3 tablespoons olive oil. Add tomatoes, green peppers and garlic. Return the reserved onion to the pan and simmer chicken and vegetables together, covered for 15 minutes over very low heat. Add 1 cup white wine and season with salt and pepper to taste. Simmer the mixture covered, for about 30 minutes longer, or until the chicken is tender. Serves 8.

Accent Flavor Enhancer helps restore the good, natural flavor many foods lose on the way to your table, much like water helps restore the beauty of a cut flower. It's nature's own Flavor Enhancer. Use enough, use it often.

Foods need Accent Flavor Enhancer like flowers need water.

NORMAN A. F



Golden loaf *offers a bo of sun-dried f*

You slice into a fruit mosaic

Sun-dried fruits and nuts form a gol earth-toned mosaic in this summert version of fruit cake. The loaves ca a sampler of fruits you've dried you or a selection you've purchased.

The recipe calls for 4 cups of dried f Choose three or more kinds from d apple slices, apricots, figs, peaches, pe pitted dates, and golden or dark rais Cut large pieces into about 1-i squares.

Once the loaves are baked, wrap t airtight and refrigerate for several d aged loaves can be cut in thin slices.

Dried Fruit Loaves

2 cups regular all-purpose flour (unsifted)
1½ cups sugar
2 teaspoons baking powder
¾ teaspoon salt
½ cup orange-flavored instant breakfast drink granules
4 cups lightly packed dried fruit (see choices above)
3 cups whole blanched almonds, pecan halves, walnut pieces, or some of each
5 eggs, lightly beaten
1 teaspoon vanilla
¼ cup water

Stir together the flour, sugar, bal powder, salt, and breakfast drink blended; mix about ½ cup of mix with the fruits and nuts. Stir together eggs, vanilla, and water; blend the li mixture into the flour mixture. Stir in fruit and nuts until distributed. Sp the mixture into four 6 by 3¼-inch or metal loaf pans (well greased and toms lined with waxed paper).

Bake in a 325° oven for 1¼ hour until well browned. Let cool on a for about 10 minutes, then turn loaves and pull off waxed paper. M 4 loaves.—*E. R., Salt Lake City.*

When Wish-Bone people have a party, u can expect plenty of good friends d good food. And in the picture you'll d Wish-Bone Thousand Island ssing. Thick and creamy. With a fect balance of flavor to make good ds taste even better. Wish-Bone usand Island Dressing. For People o really like salads.

The Wish-Bone® Surprise Party. For people who really like salads.

The art of the pancake ever advances. This month it's a Baltic crêpe

Ten thousand years and many co separate a field of primitive emr wheat from the supermarket loaf Mama Brown's Best Batter Bread. Al the way, men have tried many gra and many ways to eat them with wearing down their teeth.

What must have been one of the earl discoveries of our graminivorous fo bears is still one of the best: the p cake. Whether you call it a crêpe blintz, a chapati, or a tortilla, a panc is justly popular. You can scoop wit wrap with it; eat it sweet, sour, or sa All you really need to make one is fl water, a hot flat rock, and some skil

What Kirk Willman proposes to the sembly this month is not, howeve floury Boy Scout merit test. Rather, suggests a kind of Baltic crêpe: thin p cakes of pure rye flour wrapped aro cooked apple slices, sauced with a juice, and flavored with spice and r

Baltic Rye-and-Apple Crêpes

6 tart green apples
2 tablespoons butter or margarine
1 cup sugar
1 stick (about 3 inches) cinnamon or 1 teaspoon ground cinnamon
Rye crêpes (recipe follows)
¼ cup dark rum

Peel, core, and thinly slice apples. M the butter in a frying pan over low h add apple slices, cover, and cook, sl ing pan from time to time, until ap render some of their juice. Add su and cinnamon, cover, and poach u slices are just tender when pierced retain a little crunch, 5 to 8 min Remove slices with a slotted spoon divide them evenly among the warm crêpes. As each crêpe is filled, roll it place it seam-side-down in a serving

When all are filled, warm the rum, it with a match, and pour the flam liquor into the frying pan; blend juices left from the apples, then ev pour over the filled crêpes and se Makes 6 servings of 2 crêpes each.

Rye crêpes. In a blender container, 3 eggs, ¾ cup rye flour, 1 cup milk, ¼ teaspoon salt; whirl until smooth

Place a 6 or 7-inch crêpe pan (or o flat-bottomed frying pan of this size medium heat. When pan is hot, ad teaspoon butter and swirl to coat face. At once, pour in about 2 ta spoons batter, quickly tilting pan batter flows over the entire flat surf (Don't worry if there are a few holes.) Cook until surface appears and edge is lightly browned. With a s ula, turn and brown other side. T

Chefs of the West®

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GF GENERAL FOODS

What we do for Coq au Vin

Peanut oil is the secret ingredient of gourmet dishes the world over. Because peanut oil brings out the natural flavor of foods cooked in it. And Planters® Oil is 100% pure peanut oil. See what it can do for Coq au Vin.

The recipe. Marinate one 2½ lb. frying chicken in ½ c. dry white wine at least 2 hours. Remove chicken and blot thoroughly using paper towels. Reserve marinade. Dredge chicken in ½ c. flour.

Heat 3 tbsp. Planters Peanut Oil in skillet. Add chicken and brown lightly. Remove chicken pieces. Add ½ c. diced salt pork, 8 small white onions, 4 thickly sliced carrots, 4 sliced scallions and 1 clove garlic, crushed; brown lightly. Reduce heat. Return chicken pieces to pan and blaze with ¼ c. warm cognac. Toss well; add ¼ c. chopped parsley, 1 tsp. salt and ½ tsp. pepper. Add wine and simmer, covered, for 40 minutes.

Add ½ lb. fresh button mushrooms and turn chicken pieces. Continue simmering until chicken is tender, about 20 minutes. Makes 4 servings.

We also do for plain ole fried chicken

Whether you're cooking a fancy international recipe, or a simple everyday dish like fried chicken, use Planters Oil. It'll taste the way it was meant to. Because Planters Oil is the gourmet oil, that's not just for gourmet dishes.

The recipe. Combine ½ c. flour, 1 tsp. salt, ⅛ tsp. pepper; use to coat one 3-4 lb. frying chicken, cut in pieces. Heat ¾ c. Planters Oil in skillet over medium heat. Add chicken and brown. Add ¼ c. water; cover tightly and cook over low heat about 30 minutes or until tender. Uncover and cook 10 minutes longer to crisp skin. Makes 4-6 servings.

Planters Oil makes cooking...cuisine.

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Sunset's GARDEN GUIDE

DARROW M

The furious bloomer

The Classic zinnia (Z. linearis) will be blooming in many nurseries this month. Plants grow 8 to 12 inches tall and up to 2 feet wide. They bloom furiously from summer to late fall. Flowers are 1 to 1½ inches wide

LY IN YOUR GARDEN:

Concentrate on maintenance and the fine art of irrigation

most gardeners, July is maintenance th, a time to keep in good order garden you achieved by hard work er in the year. But if your garden all you expected it to be, you can ove it. There is still time to plant , shrubs, and flowers.

etimes unplanting is more helpful. tests gardens, and if some of your ings haven't come up to your ex- ations you may wish to replace them mply eliminate them. Turn a hard, al eye on the performance of your s and try to decide if all of them worth the space and water they re. If some of them aren't, take out now or plan to do so later.

maintenance is the key word, and ing is the big job. If you have ed to irrigate adequately without ng either water or your time, you mastered the most difficult task of ner gardening.

rd-working zinnia

reason for the popularity of com- and miniature plants is that they garden space; another is some n that must be inherent in small- making miniatures popular even ig gardens. But Classic zinnia *ia linearis*) has better claims on our ion: It blooms long and profusely gh the hot months of late summer early fall and then continues well vinter.

plants grow from 8 to 12 inches nd can spread as wide as 2 feet. s are narrower than those of larger n zinnias, but after plants come bloom the viewer isn't aware of at all; the plant practically covers with 1½-inch-wide flower heads These are bright golden orange in If you look at them closely in sunlight you will see that each etal) has a central stripe of yellow.

ummer *Sunset's* gardeners bought pots of Classic zinnia in bloom planted three in each of several h earthenware pots. They per- d well in a hot, sunny patio until ssgiving, when the pots were re- moved to a storage area for observation. There they continued to bloom (with less enthusiasm) until midwinter. Resting plants looked shabby and half dead until April, but by mid-May they were in full bloom again. Classic zinnia is apparently a perennial where winters are mild.

Obviously good pot plants, they are also splendid for massing or borders. Plants showed no signs of mildew, even late in the season.

If your nursery can't find started plants for you, you can buy a packet of seed from the George W. Park Seed Co., Greenwood, S.C. 29647.

Angel's trumpet

Poles apart from Classic zinnia is the enormous, showy, exotic, even slightly sinister-looking angel's trumpet (*Datura arborea*) pictured below. The white flowers are 8 inches or more in length and have a pleasant perfume, especially at night. They expand from big, baggy,

Angel's trumpet, *Datura arborea, has startingly large (8 inches or more in length) white, fragrant flowers on a big, treelike soft-wooded shrub*
NORMAN A. PLATE

Sunset's GARDEN GUIDE

green buds from late July until frost.

The plant they grow on is a coarse-branching, big-leafed treelike shrub that can grow to 10 or 15 feet tall. If frozen back almost to the ground (likely when the temperature goes to 25° or below), sprouts from the base will reach 6 feet and begin to bloom in fall. Give angel's trumpet rich soil, ample water and feeding, and protection from wind. It will take full sun or fairly heavy shade.

This plant puts on a big show and will astonish your guests. But if they are herbivorous, warn them against eating it; all parts of the plant are poisonous.

Planting out pulp pots

You may hear them called paper pots or peat pots, but a better term would be pulp pots, because they are made out of molded paper pulp. The fibers give the pots considerable strength—enough to last through at least a season in the nursery or on your deck—but they also break down in time and gradually become a part of the soil. Usually they are rough-textured, like bark, and brown or gray-green in color.

You will be seeing a lot of them as plastic becomes harder to find and metal increasingly expensive and bothersome to recycle. You will find many nurserymen putting up trees, shrubs, rose bushes, tomato plants, even salad vegetables in pulp pots these days. Look for good buys in rose bushes and fruit trees this month and next.

How do you get pulp pots into the ground? The sketches at right show the way recommended by the manufacturer. These are the steps: (1) Knock holes in the side of the pot with a hammer, pick, stout trowel, or weeding knife. These holes will speed the roots out into the surrounding soil and hasten the breakdown of the pot.

(2) Set plant into planting hole, making sure that soil level in pot is even with the surrounding soil (or a little higher, to allow for settling of backfill). Fill in with soil that has been improved by peat moss, ground bark, or other coarse organic additive.

(3) Water thoroughly. For the rest of the first season you can use the elevated rim of the pot as a watering basin. Note, though, that you can do this only with large plants in large pots. Annuals or other small plants in 2 or 3-inch pulp pots should have the pots torn away at planting or, in the case of tomatoes (which like deep planting), buried entire. Rims can act as wicks which suck up moisture and evaporate it to the air, causing roots to dry out dangerously.

When winter rains begin, tear away the exposed rim. In the second year pull up a watering basin with a hoe as you would for any plant.

JULY CHECK LIST: *It's mostly hold-the-line*

☐ **Compost.** Keep compost moist, but not wet. Add raw materials in thin layers (especially heavy, wet, bulky lawn clippings). Turn the stack from time to time. Extra nitrogen (animal manures or fertilizers) speeds composting.

☐ **Feeding plants.** Plants in fast-draining mixes (which means most hanging basket and container plants) will lose fertilizer by leaching action of the water. They need more frequent feeding than plants in the ground.

Plants that bloom or fruit continuously need frequent feeding. Plants in sandy soil need more frequent feeding than those in soils that have a high clay or silt content.

☐ **Grooming.** Tie up vine shoots; tips sometimes die back if left to whip about in the wind. Keep flower and shrubbery beds attractive by destroying weeds and creating a dust mulch with a scuffle hoe or cultivating fork. Rub off sucker growth from trunks of standard-trained shrubs and trees.

☐ **Mulching.** A 2 to 3-inch-deep mulch of ground bark or similar coarse organic material will save some water and a lot of weeding. Its greatest benefit is in promoting healthy root growth by preserving even soil temperature.

☐ **Planting for summer color.** Begonias, either fibrous or tuberous, are good bets for instant color that will continue well into autumn. Where heat and bright sun are present, consider marigolds in 4-inch pots. For visual coolers, use ageratum and white petunias. The last named are especially showy in the evening, when guests arrive.

☐ **Vegetables.** Plantings of corn made as late as mid-July have succeeded in northern California; plant in your sunniest spot, and plant in blocks rather than long, narrow rows to help insure pollination. Put out bait for snails and slugs. Trap earwigs under boards or in rolled-up newspapers. Pick beans and summer squash early and young to get best flavor and to keep crops coming along. ◻

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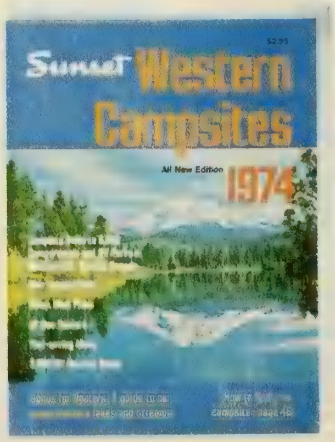

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NORMAN A. PLATE

e-flowered *ground morning glory 'i gray-green leaves makes attractive trailer for a hanging pot*

his morning glory isn't infamous

ıe kinds of morning glories have a d reputation while others have a de-edly bad one. The few infamous ds are the worst sorts of invasive s. But among the others are many orful, well-behaved performers like und morning glory (*Convolvulus uritanicus*).

railing perennial that will grow in all d winter areas of the West, it's been ck garden favorite for years. But as photograph above shows, ground ning glory's growing habits also make good choice for hanging containers. looms for a long time, takes lots of and requires little care.

should be able to get ground morn-glory in bloom this month; many series will be selling plants in one two-gallon cans. To plant in a hang-container use a light, fast-draining ture such as one composed of equal s of sand, leaf mold or peat moss, good garden soil.

container should be at least 2 inches er than the root ball of the plant. the most bloom, hang the container sunny spot. Allow the soil to dry a little between each watering, but er let it become completely dry. Feed half-strength doses of fertilizer thly during the growing season.

und morning glories should continue pen their 1 to 2-inch-wide blooms frost occurs. To prevent plants becoming too straggly, trim them in late winter. □

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doesn't your dog deserve ALPO?

Here are July garden events

oncord. July 13. Plant sale presented y the Diablo Valley branch, American uchsia Society. Place: Senior Citizens enter, 2974 Salvio St. Hours: 10 A.M. 4 P.M. Free. Sale plant size will range om cuttings to mature plants.

nta Rosa. July 15 through 27. Floricul- re displays at the Sonoma County Fair. ace: Fairgrounds. Hours: 10 A.M. to 10 M. Admission: adults, $2; ages 13 rough 16, 50 cents; 12 and under, free. mong exhibitors will be the Healds- rg, Petaluma, Santa Rosa, and Sebas- pol branches of the American Fuchsia ciety.

uckee. July 20. Twelfth annual flower ow sponsored by the Sierra Tinker lles Garden Club. Place: Truckee Ele- ntary School, Donner Pass Rd. Hours: o 6 P.M. Free.

cramento. July 20 and 21. Eighth nual show presented by the Sacra- nto branch, American Begonia ciety. Place: Shepard Garden and Art nter, 3330 McKinley Blvd. Hours: o 8 P.M. Saturday; 10 A.M. to 6 P.M. nday. Free.

n Francisco. July 21. Annual begonia w presented by the San Francisco nch, American Begonia Society. ce: Hall of Flowers, Ninth Avenue d Lincoln Way, Golden Gate Park. urs: noon to 6 P.M. Free. Demon- tions of cultural techniques will be tured as well as a plant sale.

hmond. July 28. Fuchsia show of h plants and blossoms by the Rich- nd branch, American Fuchsia Society. ce: Library Auditorium, 26th and cdonald avenues. Hours: 11 A.M. to 4 P.M. Free.

Mateo. July 29 through August 10. Mateo County Fair and Floral Festi- Place: Fairgrounds. Hours: Monday, y 29, 6 to 10 P.M.; weekdays, noon to P.M.; Saturdays and Sunday, August 3, and 10, 10 A.M. to 10 P.M. Admis- : adults, $1.50; students with card, cents; ages 12 through 15, 50 cents; nd under free when accompanied by adult. The following societies will e educational exhibits: African violet, onia, fuchsia, rose, and succulent. Ex- ts will include table settings, artistic ngements, cut flowers, container ts, and bonsai. Nine outdoor areas be landscaped with ideas for the e gardener. □

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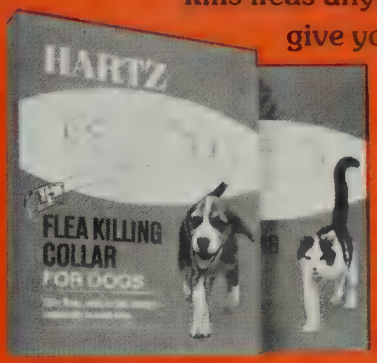

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One year later

Bare and flat was that brand new front yard in Yorba Linda. But look what five truckloads of dirt, plants, energy, and a year achieved

They started *with unrelieved flatness and bare dirt. One year lat garden looked as shown at right*

One year's effort and five truckloads of dirt changed this Yorba Linda, California, garden from flat to moundy. Paul and Claire Rich started in August, 1972, when the small photograph above was taken and finished in August, 1973, when we took the other photographs.

The five truckloads of dirt came from a neighbor's pool excavation. The Riches wheelbarrowed the soil into place, and shaped it with shovel and rake until it settled into the natural-looking mounds they wanted.

Clover was the unusual choice for covering the mounds. It is only on temporary assignment; something more shade tolerant will replace it when the trees mature. They seeded the white clover, which took about four and a half months to cover completely.

In the flat meadow areas is a relatively new lawn grass, 'Manhattan' rye. Also sown from seed, it covered in about a month and a half.

Planted from 5-gallon cans, the trees were already about the size you see now.

The small pool close to the entry is lined with concrete, patted in place by hand. Rocks near the pool and elsewhere i garden rode in on a forklift.

Although the garden looks all gree August, marigolds provide spots color. In spring, marguerites, flow plums, and bulbs hidden under clover (anemones, dutch iris, and ra culus) supply color. Midsummer the crape myrtles and clover in bloo

Maintenance is as simple as the l scaping: The Riches mow the g meadow and water everything with three machine-gun sprinklers in a angular pattern.

Near front door, *small pool and railroad-tie path between mounds*

Mound cover *of clover gets n by insects but still looks overall (the Riches don't*

NORMAN A. PLATE

Undulating mounds, *a meadow of 'Manhattan' rye grass, and a few trees keep landscaping simple, pleasing. Trees from left to right are liquidambar, crape myrtle, Canary Island pine, Monterey pine, flowering plum, and carrotwood*

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GERALD R. FREDRICK

This bougainvillea *grows unusually well on chain-link fence in a parking area four blocks from the ocean in Carmel, California. The large trees beyond are Monterey pine*

San Diego Red likes the coast

For sheer brilliance and mass of bloom, the bougainvillea in the photograph above equals any we've seen in such prime bougainvillea-growing areas as the mild-winter low deserts or the Southern California coast. Yet this particular planting is right along the cooler central California coast where fog, high overcast, and off-ocean winds are common during the summer.

There's no question that the methods used by Joseph Leyva, Jr., in planting and maintaining these vines have had a lot to do with their vigorous growth and heavy flower production.

Planting. Mr. Leyva set out 5-gallon 'San Diego Red' bougainvilleas (highly recommended for coastal areas), 10 of them spaced 8 feet apart, in front of a 12-foot-high chain-link fence running north and south.

Watering. Immediately after setting plants in the existing bed of almost pure sand, he applied a solution of vitamin B_1 to prevent transplant shock. He then watered the plants in thoroughly with a soaker. Plants were watered once a week for 3 to 4 months until roots were established, and then they were put on monthly schedule. In September he ea off watering to slow down vegetat growth, encourage heavier bloom, a harden plants against possible frost.

Feeding. During the first growing seas Mr. Leyva fed the bougainvilleas onc month with complete fertilizer (in liq form during the first two months). Af that, the mature, well-established pla were fed only occasionally—never la than September.

Pruning. After danger of frost, I Leyva cuts back long whips to abou inches and removes dead or unwan growth. Regular yearly pruning stir lates new wood that will carry n year's flowers.

Climate control. Shortly after planti Mr. Leyva covered the back (ocean si of the fence with clear, medium-wei plastic film—originally for the purp of shutting out ivy growing on a nei bor's side. But the covering had oth unplanned results: It trapped warr and sheltered the plants from wind a drifting fog until they had covered ab three quarters of the fence.

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NORMAN A. PLATE

Knee-high *miniature fuchsia 'Little Beauty' was trained a year ago into an umbrella-shaped little tree*

1. *Start with gallon-can plant. Pick an upright variety with a good straight stem that doesn't fork. Trim off side branches*

WILLIAM API

2. *Keep individual leaves along stem t help it gain strength. Tie stem loose to stake with green plastic tie tape*

Little tree fuchsias

They are easy to train and they take the heat better than their big brothers

Making little trees, called standards, c of miniature fuchsias is a good way become acquainted with fuchsias in ge eral. You'll learn how to transplant, p prune, pinch, feed, water, and enjoy fuchsia.

Miniature fuchsias have small flowe Most kinds also have small leaves a these are the best ones for training i standards.

Miniatures take heat better than la fuchsias. In Southern California, the thrive as far inland as Santa Ana Glendale. In the San Francisco E Area, they'll even do well just over hills toward the central valley in Orin or Walnut Creek.

There are dozens to choose from. H

Hold nursery can upside down, cradling plant with hand, and tap can on edge of bench so roots pop out

5. *Repot in larger container with porous spongy mix such as ⅓ peat moss, ⅓ ground bark, ⅓ vermiculite (see next page). Pack firmly around roots*

4. *Re-tie stem to sturdy stake. Try to straighten stem as much as possible*

6. *Snip off top and any flowers or buds. Decide height of standard head; pinch off any shoots that start below*

a some miniature fuchsias that are p ticularly good for training into stan- ds: 'Abbie Farges,' 'Alice Hoffman,' 'B y Anne,' 'Baby Chang,' 'Christmas B ,' 'Jingle Bells,' 'Little Beauty,' and 'T m Thumb.' You can also use some of th smaller species: *Fuchsia isis, F. mi- rophylla, F. minutiflora.*

Y may have to search for these at n series specializing in fuchsias.

Pl tographs 1 through 6 show how to tr a miniature fuchsia into a standard. O e you've done the initial training, ta care of your fuchsia as you would an other: water frequently (it's almost im ossible to overwater), pinch fre- qu ntly, and feed every two weeks dur- in growth. □

As top branches *develop to form head, pinch back tips beyond third set of leaves—for a bushier head*

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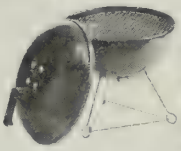

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Here are recipes f fuchsia soil mixe

Soil for fuchsias in containers shoul porous and fast draining but wate tentive.

What ingredients will give these butes? We asked that question of fuc growers in the Puget Sound area, Willamette Valley, the San Franc Bay Area, Los Angeles, and San Di

Below are some of the formulas t growers use; they illustrate the ge principle. Which one you choose wil pend partly on the ingredients avai in your area. You'll notice that all for about two-thirds organic matte retain water and, sometimes, nutri and one-third inorganic matter (to the mix porous and fast draining).

Some of the formulas have little tilizer value, and since fuchsias are h feeders it is very important to feed often (about every two weeks).

The first mix, from Berkeley, once c for one-quarter steer manure, bu cause of salts in the manure now only one-ninth.

1 part steer manure
2 parts peat moss
3 parts fine ground bark
3 parts screened sandy soil

Here's a 3-2-1 mix, from Palo Alto:

3 parts good garden soil
2 parts leaf mold
1 part coarse sand

A Seattle grower uses this combina to stretch a commercial planting mi

2 parts commercial planting mix
2 parts leaf mold or ground bark
1 part vermiculite
1 part coarse sand

This mix, from Encinitas, Californ very simple, but you must feed dilige

5 parts nitrolized sawdust
1 part builders' sand

Homemade compost helps this Los geles mix:

1 part ground bark
1 part coarse sand
1 part compost
Cottonseed meal (label tells you how much)

The magic ingredient in this Ti Oregon, mix, called "beaver dam," i rich bottom soil that collects be beaver dams:

1 part coarse sand (or crushed pumice)
1 part coarse peat moss
1 part leaf mold
1 part beaver dam (or other good soil)

Many growers thought it worthwhi use coarse peat moss instead of the monly available fine kind since easier to wet and drains quickly.

Kills fleas for 120 days. Not just 90.

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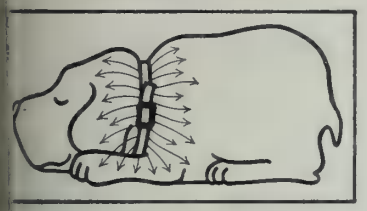

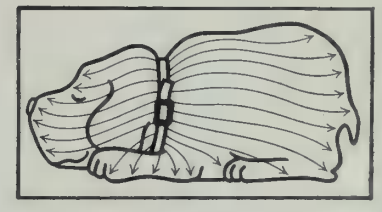

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Kills fleas for 120 days, not just 90.

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It's a whole new breed.

This hilly green garden is growing out of rock

In the mid-1960's the Howard Hoops family of Pacifica, California, faced a landscape problem—how to establish a garden on a steep hillside with soil consisting almost entirely of rock. They used two techniques to solve the problem.

At the back of the house (shown below), they hauled in topsoil to level the slope, built retaining walls to hold it in place, and shaped the soil into planting mounds. To give an impression of more space, they made two levels and graded them, erected a fence between them, and made a path that leads around a coffeeberry tree (*Rhamnus californica*) and curves back to the upper terrace (shown at right below). In an effort to give the garden an Oriental look, they planted mostly evergreens.

On the slope in front of the house (shown at top right), the owners dug holes 2 feet wide by 2 feet deep into the porous rock using post-hole diggers. They filled the holes with a planting mix made of topsoil, peat moss, and steer manure, then planted gallon-can Monterey pines, junipers, and hebe. They also dug smaller holes for trailing ice plant (*Drosanthemum hispidum*), which has covered the bare spots on the slope. Because the planting holes act like slow-draining containers, careful watering is necessary to prevent plants from drowning. □

Pines, junipers, *hebe, ice plant cover steep front bank. All were planted in holes dug in rocky soil, filled with planting mix*

DARROW M. WATT

Coffeeberry tree *shades English ivy and boxwood planted on mound carved from hillside*

Winding path *leads owner to plantings of junipers, bamboo, mugho pine. Soil fill created this terrace on formerly steep slope*

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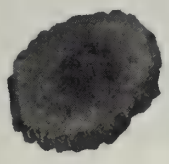

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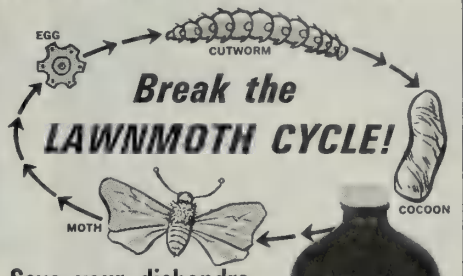

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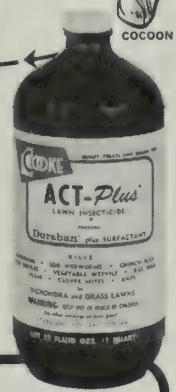

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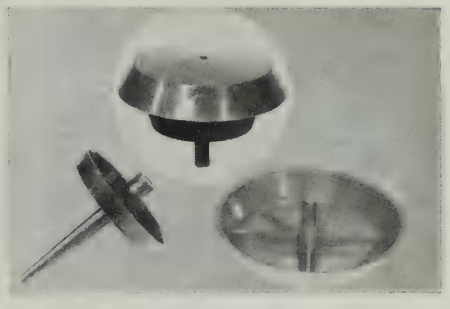

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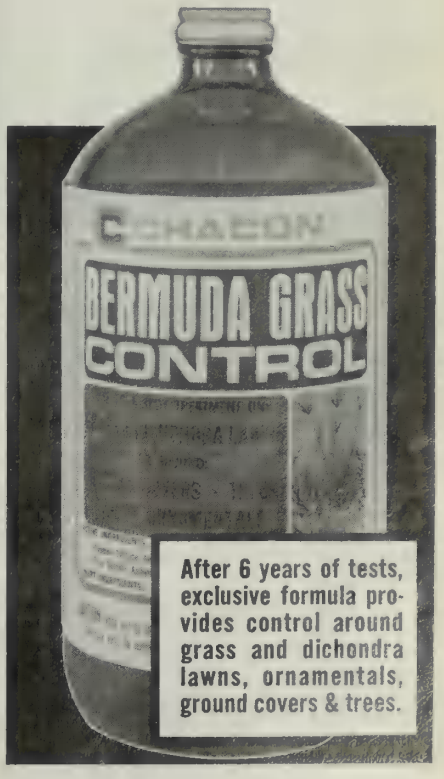

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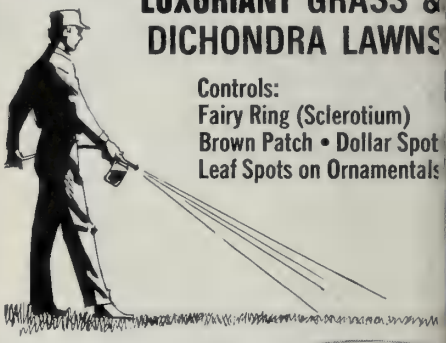

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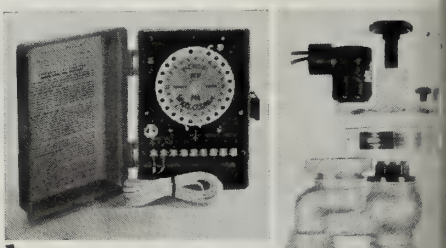

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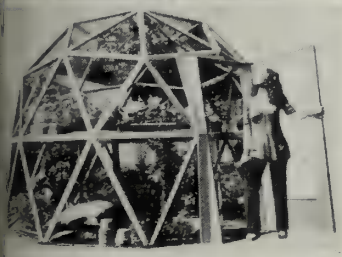

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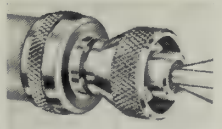

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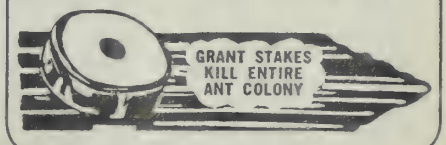

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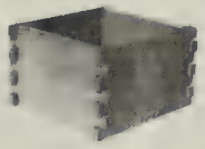

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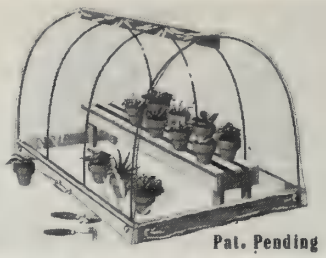

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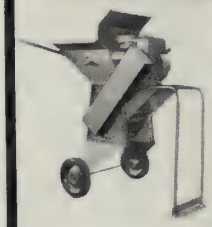

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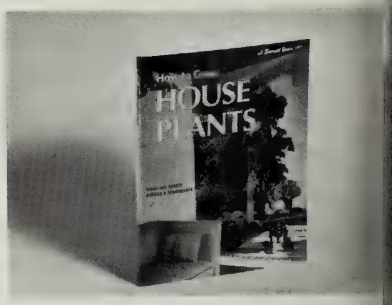

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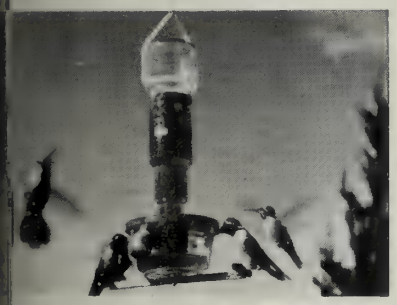

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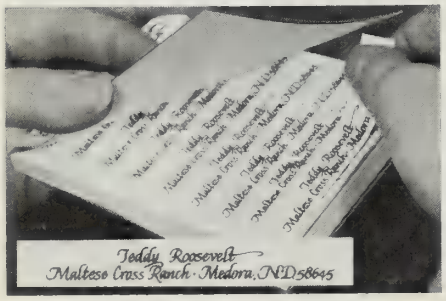

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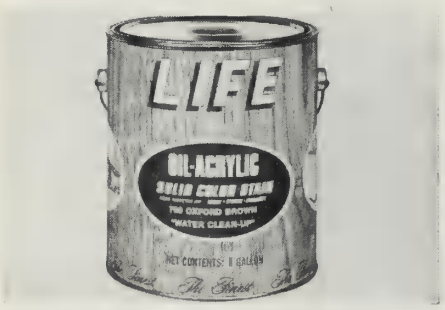

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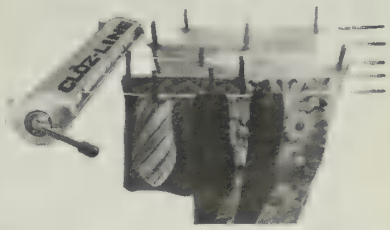

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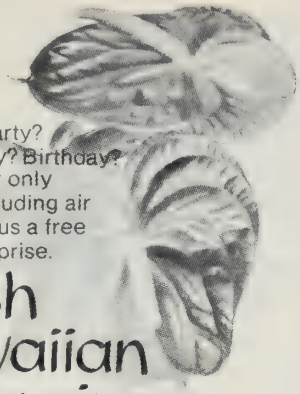

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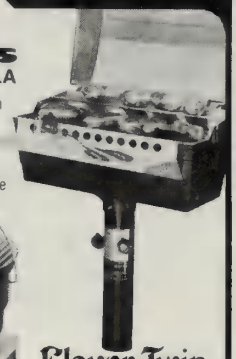

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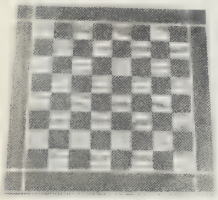

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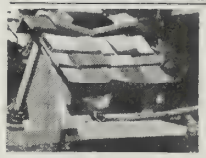

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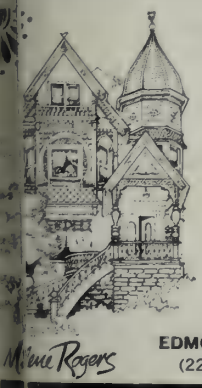

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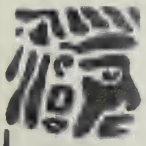

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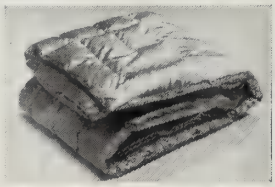

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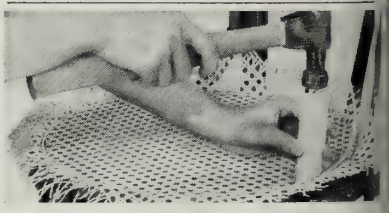

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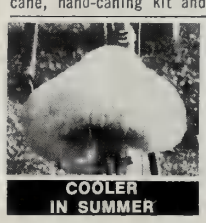

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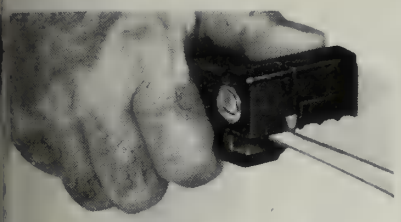

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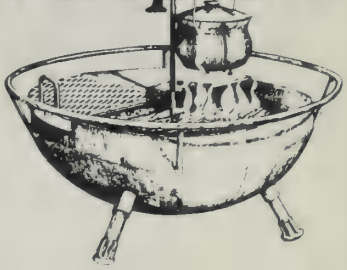

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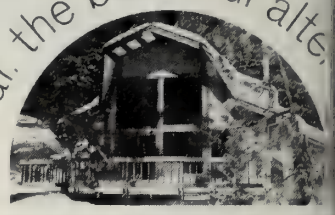

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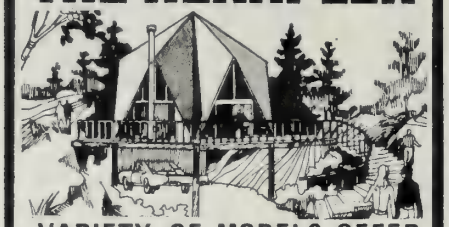

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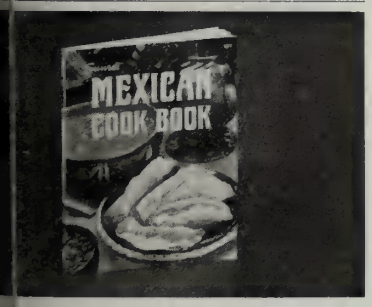

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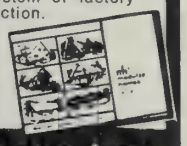

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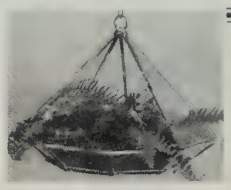

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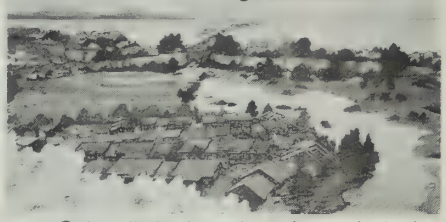

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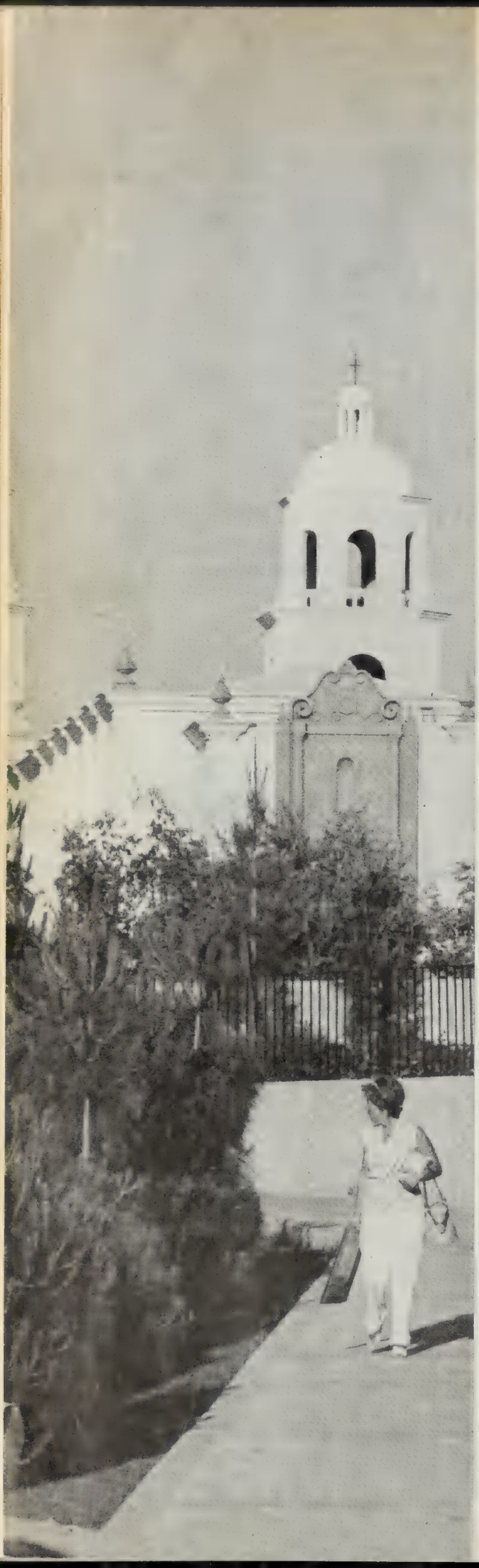


The West . . . and the nation's bicentennial

Two years from this month will mark the climax of America's birthday celebration. But the party is already well under way.

Instead of a big single-location, government-sponsored observanc celebration will be spread throughout the land, depending large the grassroots energy and resources of states, towns, and citizen gr

Many of the most-publicized events will take place in the East, most of the revolutionary history that we read about in school place. But much will also happen in the West, emphasizing our nent-crossing, continent-exploring history and the blending of I Spanish, Oriental, and other cultures. After all, when the First nental Congress met in Philadelphia two centuries ago this year, F Kino had long since established his Arizona missions and Sp explorers Bruno Heceta and Juan de la Bodega were just a year from landing on the Washington coast.

And the West has its own share of bicentennials coming up. Tu for instance, was founded in 1775; San Francisco in 1776.

Bicentennial events throughout the West will include restorations, vals and pageants, hundreds of exhibits, establishment of new museums, and monuments. Some efforts are ambitious and m spectacular, including planned reenactments of Juan Bautista de A long march from Mexico to San Francisco and the first Polyn voyage to Hawaii by double-hulled canoe (the voyage will rever original course).

In the June *Sunset* you saw some of the first bicentennial acti San Francisco's exhibit of American folk art, and the Folklife Fe at Spokane's Expo '74. You'll see much more in coming months. S editors are also studying bicentennial plans in the East and lookin enjoyable new ways readers might rediscover our history on across the country.

Overseeing all activities is the American Revolution Bicentennia ministration, which sanctions events coast to coast, keeps tra them by computer, helps local groups get going, and supplies li matching funds to states.

You can get involved; bicentennial committees throughout the need your help. The American Revolution Bicentennial Administ will send you its newsletter and put you in touch with your state mittee: Write to the ARBA at 736 Jackson Place Northwest, Wa ton, D.C. 20276.

The next several months should bring you and your children unmatched opportunities to rediscover the treasure trove of W history, and some new parks and people-oriented facilities to help the heritage alive.

WINDOW ON THE WEST: *Tucson's 200th*

In downtown Tucson we're looking east across an area renewal project being rushed to completion in time for the city's 200th birthday in August, 1975. This walkway runs between new Exhibition Hall and the home of first territorial governor John C. Fremont, built about 120 years ago. In distance is one of the 50-year-old twin towers of St. Augustine's Cathedral, established here more than a century ago.

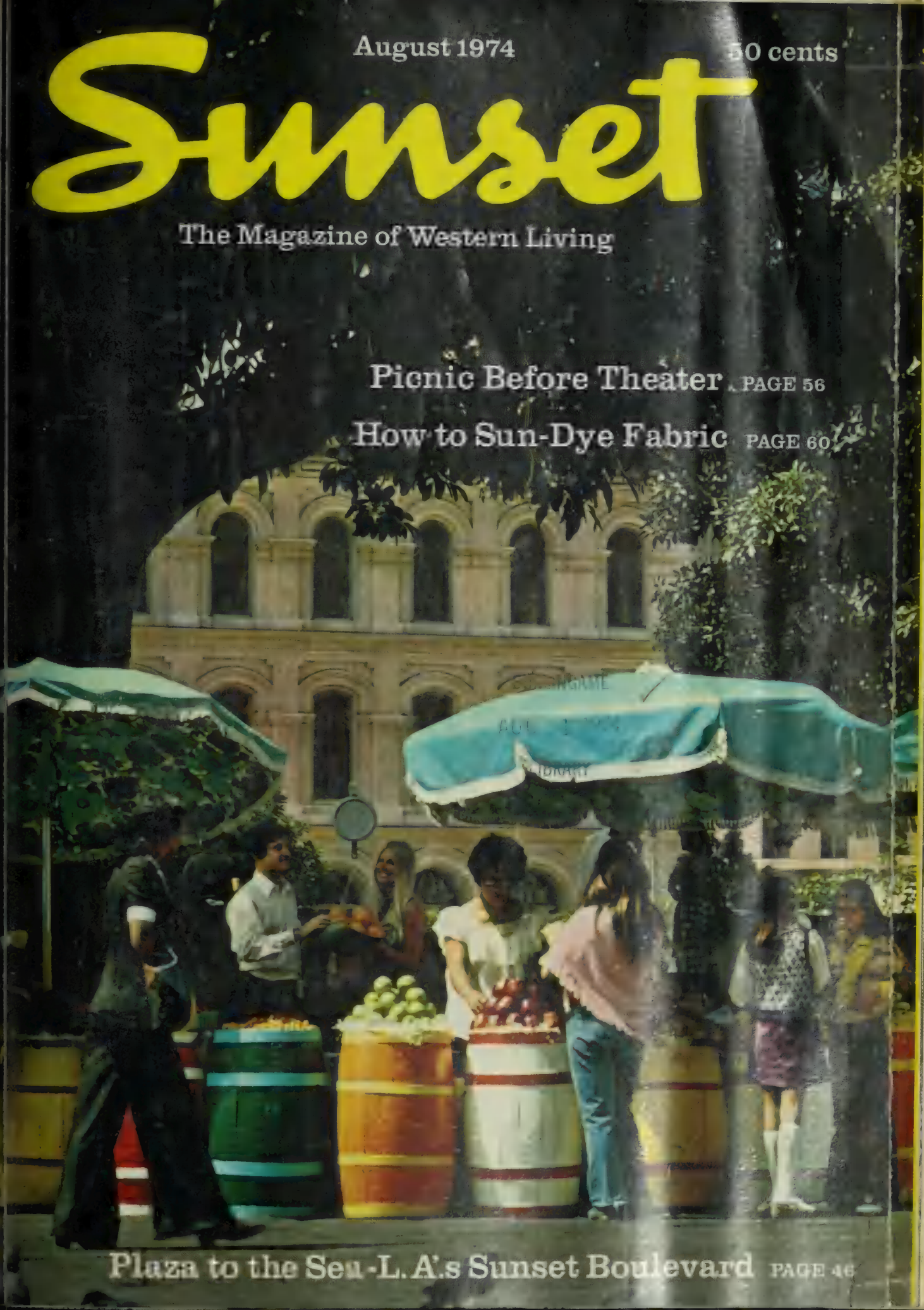
August 1974 50 cents

Sunset

The Magazine of Western Living

Picnic Before Theater PAGE 56

How to Sun-Dye Fabric PAGE 60



Plaza to the Sea-L.A.'s Sunset Boulevard PAGE 46

KORET OF CALIFORNIA'S® HOW TO CREATE THE TOTAL LOOK FOR FALL

During Koret of California's exciting Maui promotion, they're offering a full-color, 24-page book featuring smart tips on buying clothes, selecting fabrics and accessorizing — plus five new standout looks for fall. And inside, you'll find a special eight-page booklet on how to make the Maui scene — where to stay, eat and play on your Maui '74 vacation (see the next page).

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low speed as tangled nerves unwind.

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Beach, the most unique resort area in the Islands. And the most complete. You don't e
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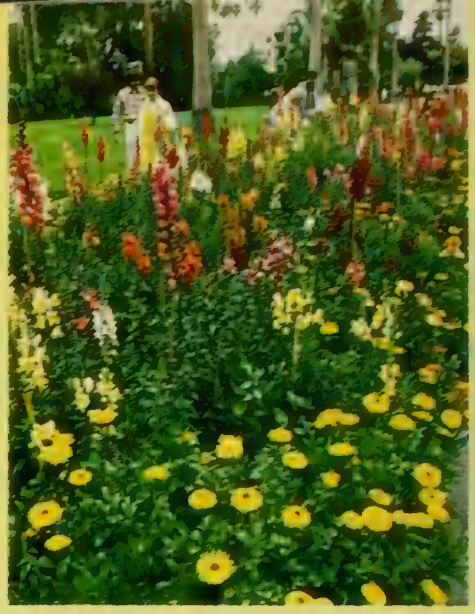
two. Stay at such first class resort hotels as the Sheraton-Maui, Royal Lahaina, Maui S
and Kaanapali Beach. Or at the Maui Eldorado or Kaanapali Plantation Apartments.

On one side of the resort, nature squandered a three-mile stretch of sugar-fine sand and
warm surf. On the other side, the island rises away from the sea into clustered mounta
lush and green. Two outstanding golf courses and umpteen hotel tennis courts convenie
nestle in between. Next door to the hotels is Whalers Village, an intriguing melange
modern shops and museum displays. Or ride the Sugar Cane Train to Lahaina town
poke around whaling pubs and missionary landmarks. At night, the Kaanapali Beach
comes alive with swinging shows at resort hotels and far-out combos in nearby Laha
The Hawaiians have a saying, "Maui no ka 'oi." It means, "Maui is the best." And it is.

FOR MORE INFORMATION TO HELP YOU PLAN YOUR MAUI VACATION, SEE YOUR TRAVEL AGENT, OR WRITE KAANA
BEACH OPERATORS ASSOCIATION, P. O. BOX 696-S, LAHAINA, MAUI, HAWAII 96761

Shoppers buy ready-to-eat fruits from colorful barrels in the Plaza

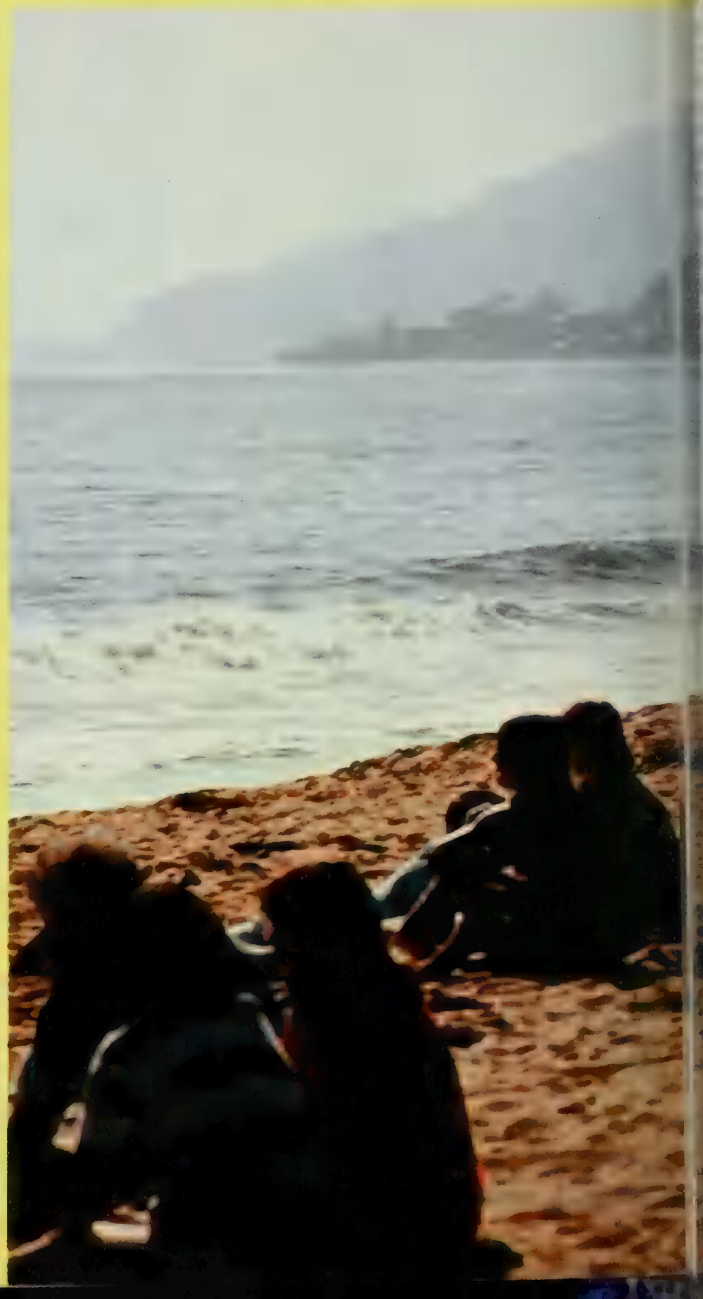
Sunset Boulevard runs 25 miles from the Los Angeles Plaza to the beach. First it's an urban boulevard, then a night life strip, then a twisting garden-foothill drive. Use it to discover the variety of Los Angeles.



Calendulas and snapdragons bloom in Beverly Hills park

Griffith Observatory looks down from Mount Hollywood on busy Sunset

Surf watching at Sunset's end —Will Rogers State Beach



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o or Kaanapali Plantation Apartments. Included
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tseeing around the island, you can arrange,
ce, for a Hertz rental car.

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- Round trip Sugar Cane Train tickets
- Glass Bottom Boat tour

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Sunset* The Magazine of Western Living*
THE PACIFIC MONTHLY*

Central Edition Feature articles for August 1974

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The Cover Story

Pigeons strut and people sample exotic produce from barrel fruit stand on what was once Sunset Boulevard in the Plaza, heart of the Pueblo where Los Angeles began. Now closed off through here, the boulevard begins at the Pueblo's edge and winds through 25 miles of city, as we report on page 46. Picture by Glenn Christiansen

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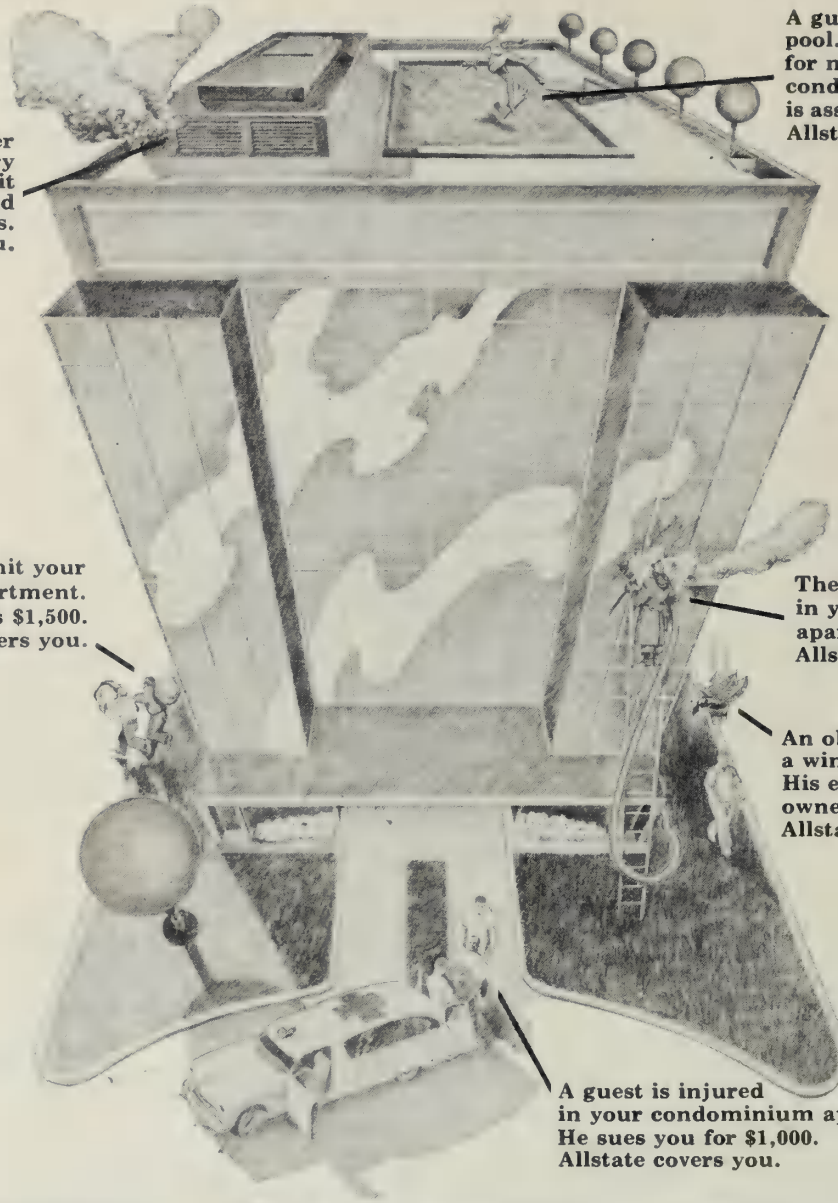
Announcing Allstate's Condominium Owners Policy

Insurance made exclusively for the condominium dweller.



Here is insurance designed especially to cover many of the different hazards that a condominium dweller faces.

First of all, Allstate protects the furniture in your apartment, your clothing and most other personal belongings against loss from hazards such as fire, burglary and vandalism. Gives you protection through personal liability coverage, too.

And that's just the start.

Allstate's Loss Assessment Coverage* goes on to protect you against many assessments for damage to property owned by the condominium association.

You see, in a condominium, every unit owner is liable for damage. All condominium property, except for individually-owned apartment units, is common property owned by the association of condominium unit owners.

It is normally protected by the association's insurance, paid for by all the condominium unit owners.

But this insurance may *not* be adequate. In that case, when an expense hits the association, all members can be assessed to pay the bill.

But now, Allstate's new Condominium Owners' Insurance provides Loss Assessment Covera It picks up where your associatio insurance may leave off. Check v your Allstate agent for all the de

Another important feature

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*Basic assessments coverage, subject to a $250 deductible, is $1,000. This can be increased to $50,000 for a few dollars.

ugust travel . . . in and beyond the West

Raspberry *farm assigns you a row—you pick your own fruit*

NORMAN A. PLATE

Apple *stands surrounded by orchards of heavily laden apple trees dot Sonoma County roadsides*

pping for fruit and vegetables ng Sonoma County's "farm trails"

tled against the rolling hills of the sian River Valley in western Sonoma nty are miles of neatly kept orchards farmlands. Fresh blueberries, corn, rs, peppers, tomatoes, zucchini, and cially apples are now in season and can buy them right at the farm.

s is the Gravenstein apple center of fornia. The low hills allow cool stal weather to filter into the valley, viding a climate ideal for the culti- on of these excellent cooking and ing apples. August and September the peak months of the Gravenstein est, and you'll find good buys at side stands or even better bargains rchards that let you pick your own.

help you find the apples and other luce you want, over 150 farmers, ardists, and processors have formed association called Sonoma County n Trails. The organization has pub- d an excellent map pinpointing each

Pack trip *breakfast. Sunset editor Kandace Esplund dishes up scrambled eggs, fingerling trout, sourdough cakes*

Cooking for a crowd in the wild

More than 100 letters came into our offices last year from river runners, pack trippers, and hikers telling us how they feed big groups in the wilderness. This, plus *Sunset's* own experience in expedition cooking, gave us the raw material for an article.

To get some additional help, we turned to professional packers Lorraine and Olyn Gould, noted for their camp menus. Last fall they led three *Sunset* editors and a photographer on a trip along the Salmon River in northern California's Trinity Alps. The Goulds shared ideas on packaging, keeping fresh, and preparing foods that relieve the monotony of traditional camp fare.

After some more recipe testing on our own, we produced a one-week menu plan. Alongside are hints on planning, shopping, packaging, and equipment. It all begins on page 64. □

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member with name, address, telep number, and a list of produce for You'll find most of these farms others south or west of Santa along State highways 12 and 116, a concentration near Sebastopol.

For a free copy of the map send a sized, self-addressed stamped env to Sonoma County Farm Trails, 6043, Santa Rosa 95406.

At any time of the year you can ex the small towns along these scenic while stocking up on other locally g or processed items: apple proc cherries, duck or rabbit, goat's honey, melons, mushrooms, wa even Halloween pumpkins and C mas trees. Of interest to gardener the many specialty nurseries in the see our report on page 134.

The big State Fair opens in Sacramento

Once again California's finest exa of agriculture, livestock, and art w on display at the California State August 23 through September 8, California Exposition grounds in ramento, near Interstate Highway

A new emphasis on low-cost anc family entertainment has been major thrust of the California D ment of Parks and Recreation si assumed management of the fai year. The result has been a mixtu contemporary entertainment with tional exhibits.

Mainstay of the fair—the agricu livestock, and County exhibits, th ture Farmers of America and 4-H petitions, the arts and crafts displ will be unchanged. These events free, and information on times and will be distributed at the gate. free events will include band co children's puppet shows, square-da and on August 25 an old-fashione dlers' contest.

Horse racing will begin daily at P.M. August 26 through Septemb and there will be a rodeo every e August 27 through September 2.

The fair will be open weekdays noon to 10 P.M., and on weekenc Labor Day from 10 A.M. to 10 P.M mission is $1.50 for adults, 50 cer youngsters aged 6 through 12, an for children under 6. Parking co cents. For a schedule of events, your newspaper or write to Stat News Bureau, Box 15649, Sacra 95813.

The master craftsmen of Bolina invite you to see their wares

Some unusual work by an u group will be on display August and 11 near the coastal villa Bolinas. The group is the B

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Index of Directories

School and Camp Directory is the first of five Directories which appear regularly in each issue of SUNSET Magazine. The other four Directories are:

TRAVEL DIRECTORY beginning page 8

GARDEN CENTER beginning page 136

WESTERN GROCERY DIRECTORY beginning page 98

SHOPPING CENTER beginning page 140

Carved *stained door of wood cabinet atop a freeform pedestal tempts Bolinas fair visitor to look inside*

Craftsmen's Guild, a nonprofit corporation of several highly skilled artisans, formed to strengthen the quality of their crafts and to teach apprentices in the medieval tradition of a close working-learning relationship. Quietly started on an experimental basis in 1971, the guild has begun to earn national attention as possibly the only group of its kind in the country.

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This serious approach is reflected in the quality of the items on display (most are for sale); much of the work is of museum quality. Represented crafts include woodwork, weaving, photography, musical instruments, jewelry, metal sculpture, stained glass, and pottery.

The craft show will be held in an open meadow at Rancho Baulines, at the intersection of State Highway 1 (Shoreline Highway) and Bolinas-Fairfax Road, 25 miles northwest of San Franicsco at the northern tip of Bolinas Lagoon. Hours each day are 10 A.M. to 6 P.M.; there will be performers, musicians, and refreshments. The show will open each morning with banner-carrying artists charging down a nearby hillside on horseback. Admission is free. □

For travel planners, an August check list

Japan on a budget. Free Budget Travel Cards can help you visit Tokyo and Kyoto economically and fight the rising cost of travel in Japan. Included is information on public transportation, suggestions for lodging costing about $15, budget eating suggestions, and low-cost sightseeing attractions. The cards are available from the Japan National Tourist Organization, 1737 Post St., San Francisco 94115.

Cruise South America. Cruises around South America depart every three weeks from Vancouver, B.C., Tacoma, San Francisco, and Los Angeles. You'll stop at Curaçao, Rio de Janeiro, Buenos Aires, Valparaiso, and other ports. The complete journey, including shore excursions, costs a minimum of $2,755 but you may take any portion of the cruise. For details see your travel agent or contact Prudential Grace Lines, One California St., San Francisco 94106.

Low-cost accommodations. *Where to Stay USA*, written primarily for young people, can help you find accommodations for 50 cents to $7. The paperback book, organized by state and city, lists names, addresses, and telephone numbers of hotels, YMCA's and YWCA's, motel chains, college dormitories, and community switchboards. The book is available for $2.50 at bookstores or from Frommer Pasmantier Publishing Co., 70 Fifth Ave., New York 10011.

Burma and Southeast Asia. On 30-day tours you'll visit Manila, tour Indonesian cultural centers, and have time to shop and sightsee in Singapore, Bangkok, and Hong Kong. A highlight of the trip is four days in Rangoon, Burma, where you'll visit Buddhist shrines and pagodas. The $2,735 price includes round-trip flight from San Francisco, all accommodations, and some meals. For details see your travel agent or contact Philippine Airlines.

Opera in Santa Fe. Opera buffs can join a 4-day tour departing San Francisco August 21 for Santa Fe, New Mexico. The $350 price includes round-trip air fare and transfers, accommodations, and orchestra seats at *La Bohème, The Magic Flute,* and *La Grande Duchesse de Gerolstein.* For details contact Peninsula Travel Center, 604 Santa Cruz Ave., Menlo Park, Calif. 94025. □

What a travel agent can do for you: Provide information on tours; reserve space on air, rail, bus, and steamship lines; make hotel, ranch, and resort reservations; take care of trip planning, including side trips and special events. Travel agencies do not charge for arranging transportation or package tours, but do charge for "custom" tour service.

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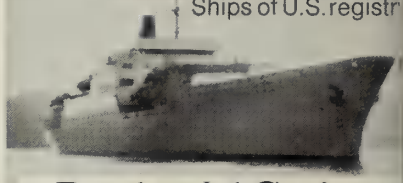

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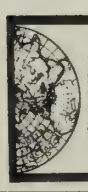

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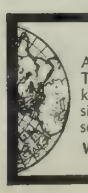

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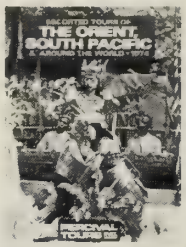

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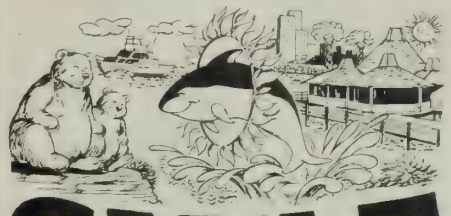

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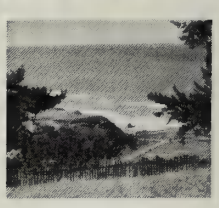

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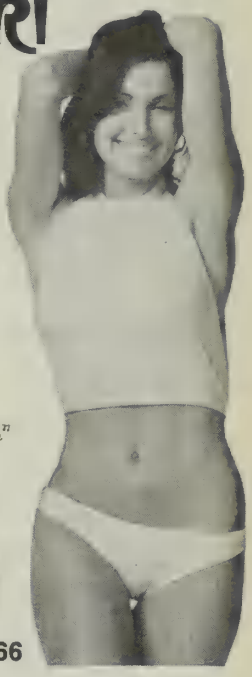

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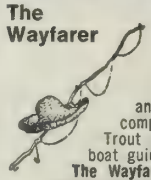

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TRAVEL DIRECTORY IS CONTINUED ON PAGE 19

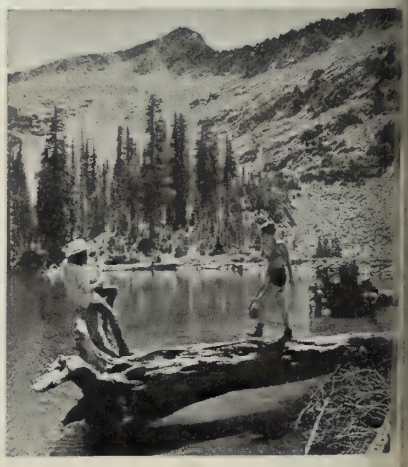
GERALD R. FREDE

Glacier-carved *Little Cottonwood Canyo frames a hazy Salt Lake City basin*

Hiking high behind Salt Lake

The steep sides of Little Cottonw Canyon, just east of Salt Lake C guard a remarkable high country beh the ski runs of Snowbird and Alta. area, currently being proposed as 32,785-acre Lone Peak Wilderness, be reached in a 2½-hour hike from canyon floor.

Even the ski lifts seem to struggle up precipitous canyon sides, but the h into Maybird Gulch, Red Pine La or White Pine Lake can be a fam affair if your children have had previ hiking experience at the 8,000 to 10,0 foot level. You won't want to carry a thing more than a picnic, fishing g



Hikers *rest on log jutting into Red Lake, elevation 9,600*

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l a Dromedary Peak Quadrangle ographic map. The area is closed to rnight camping.

you drive up into the canyon on State hway 210, look for the White Pine il marker numbered 8029 beside the d, about 1 mile before you reach wbird resort. A dirt road takes you n to a stream; park near here.

m the stream (elevation 7,560), you b the canyon side on a Forest Ser- dirt road 1 mile to the Red Pine e trail (you can continue on the road White Pine Lake). The Red Pine trail gs west across an aspen covered e, then climbs south along Red Pine k 3½ miles to the lake.

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The Sunset Travel Directory

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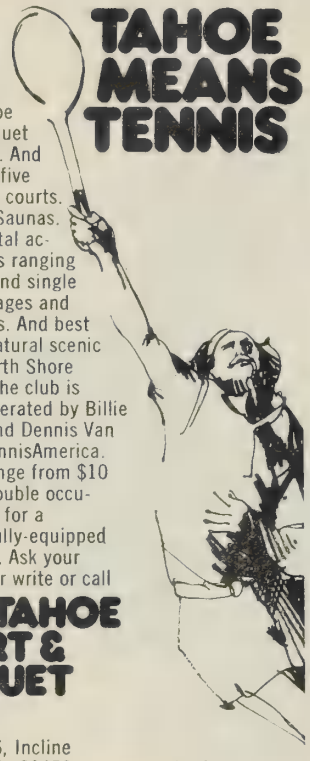

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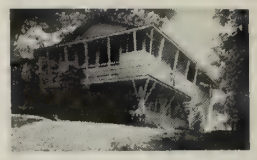

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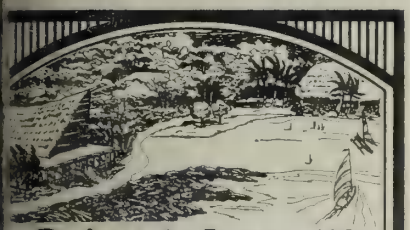

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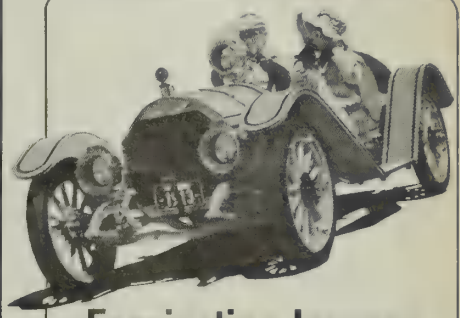

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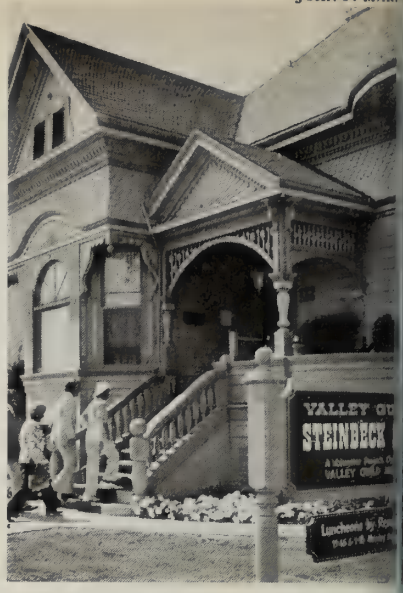

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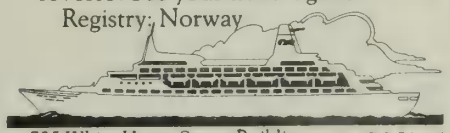

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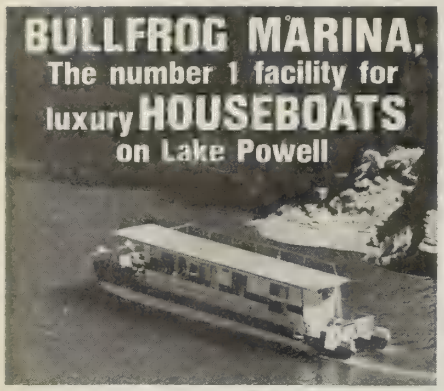
Houseboats



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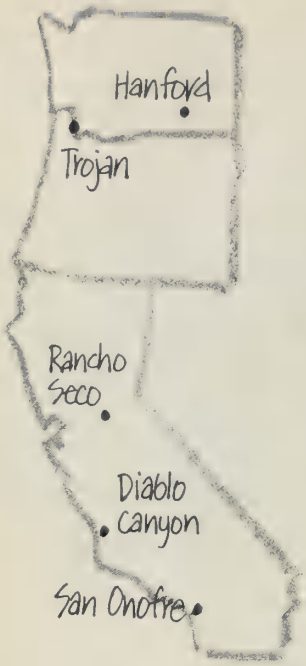
These five *nuclear power stations have visitor centers—either on site or not far away*



GERALD R.

Free bus *takes visitors past dome housing reactor at Diablo Canyon, near San Luis Obispo*

The age of nuclear power is here, and even experts disagree about what's ahead

Here are ways for you to get informed

Nuclear power isn't all that new to the West. The first electricity-generating reactor was switched on in the Idaho desert in 1951, and in California a small commercial plant has been operating near Eureka since 1963.

But nuclear power is certainly controversial. Nuclear advocates argue that it's virtually the only environmentally and economically sound way to meet our growing electrical energy needs for the next several decades. Its severest critics raise the specter of lethal radiation and related hazards as the most awesome pollution of all.

The arguments are complex and heated. One way to start understanding them is to visit a nuclear plant visitor center. Five in the West include colorful displays and films combining straightforward explanations of plant operations with arguments favoring their use:

Hanford (Washington Public Power Supply System), Federal Building, 825 Jadwin Ave., off State Highway 240 in downtown Richland, Washington. (You can't visit the actual Hanford site, some 30 miles away on the Columbia River.) Open Monday through Saturday from 9 A.M. to 9 P.M., Sunday from noon to 9 P.M. Winter hours, beginning mid-September, will be shorter.

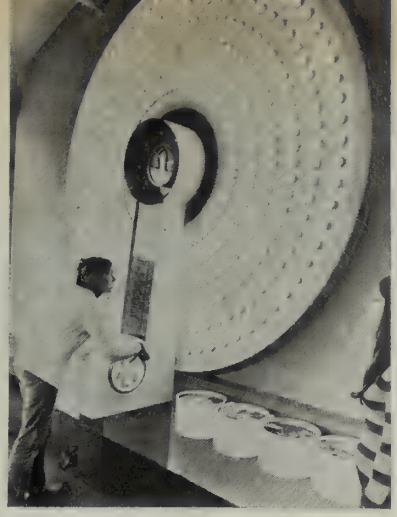
Trojan (Portland General Electric Company), about 42 miles northwest of Portland, off U.S. Highway 30 on the Columbia River. Open Monday through Saturday from 9:30 A.M. to 5 P.M., Sunday from noon to 5 P.M. Its great landmark is a curved evaporative cooling tower, an alternative to releasing turbine-cooling water directly back into its river or ocean source. There's a small park with picnic and swim areas under construction.

Rancho Seco (Sacramento Mu Utility District), 25 miles fron ramento via U.S. Highwa southbound, then State Highwa eastbound. Twin cooling towers look a recreational lake that pro reserve of cooling water. The o center is open 24 hours a day.

Diablo Canyon (Pacific Gas an tric Company), 7 miles south Luis Obispo, California. Fron Highway 101, take the San Luis E ramp and follow signs to the Open daily from 9 A.M. to 5 P.M are free, 11-mile bus tours to a look at the construction site of th itself. For advance bus reservatio (805) 595-2327 or write to Box 5 Luis Obispo, Calif. 94301.

San Onofre (Southern California Company/San Diego Gas and E Company), about 50 miles north

cooling towers at Rancho Seco approaching small car



Cranking *keeps the lights bright—but it would take 13 hours of cranking to generate a penny's worth of electricity. At Diablo Canyon visitor center*

DON NORMARK

s **reflecting lake** *from visitor center at Trojan plant are reactor dome (left) and 499-foot cooling tower*

(5 miles south of San Clemente) terstate Highway 5; take Basilone offramp. The visitor center has re- reopened after being moved to room for tripling the plant size. daily from 9 A.M. to 5 P.M.

an make a plant visit more mean- if you do some reading before- Nuclear power isn't a simple -con issue; there are several s being debated by dedicated con- ionists, nuclear physicists, and ess others.

Arguments in favor

ates of nuclear power cite de- ng supplies and rising costs of fuel sources, the need to preserve us oil for other uses, and increas- nvironmentalist opposition to the large number of hydroelectric dams necessary for more power; we may be running out of rivers. Increased oil prices are adding to our balance-of-payments crisis.

They deplore the substantial air pollution and strip-mining devastation associated with coal use and urge use of relatively cheap and abundant domestic uranium deposits to guard against foreign "fuel blackmail." They cite an extremely safe record of plant design and fuel handling. In sum: Nuclear energy is the only pollution-free, economical, and fuel-abundant means to meet our increasing demand for power in the foreseeable future.

Proponents recommend reading:

The Logarithmic Century, by Ralph E. Lapp, Prentice-Hall Inc., Englewood Cliffs, N.J., 1973; $7.95. (Probably the most readable defense of nuclear power regarding energy needs and environment.)

Low-level Radiation (it's safe), *Managing Nuclear Wastes* (it's possible), and Nuclear *Power Safety* (including public insurance and plant design); each 75 cents prepaid from Atomic Industrial Forum, 475 Park Ave. South, New York 10016.

Nuclear Power and the Environment—Questions and Answers, 1973; $1.50 prepaid from American Nuclear Society, 244 E. Ogden Ave., Hinsdale, Ill. 60521. (Covers broad range of issues.)

Nuclear Power and the Public, edited by Harry Foreman, M.D., University of Minnesota Press, Minneapolis, 1970; $9. (Papers on many aspects.)

Nuclear Power Plant Siting, by Dennis L. Meredith, 1972; free from Marine Advisory Service, University of Rhode Island, Narragansett, R.I. 02882. (Useful if a plant is proposed in your area.)

Arguments against

Opponents dwell on possible safety hazards: "thermal pollution" from heated water; mild to catastrophic radiation leakage; sabotage; accidents during fuel processing and shipment; the apparent ease with which do-it-yourself atomic bombs can be made using small, stolen quantities of the increasing amount of fuel being produced and shipped about; and the political and technical problems of safely storing radioactive nuclear wastes for the tens of thousands of years it takes them to become inert and harmless. They argue that research funds would be better spent on developing less risky and more abundant resources: fusion reactors (which merge heavy hydrogen atoms from ocean water) and solar and geothermal energy.

In sum: We have no tested means of measuring how great the dangers really are, and they may be formidable.

They recommend the following reading:

The Curve of Binding Energy, by John McPhee, Farrar, Straus, and Giroux, 1974; $7.95. (First printed as a profile series in the *New Yorker;* explores belief of former nuclear bomb physicist Theodore Taylor that poor security on radioactive materials makes theft possible, therefore do-it-yourself terrorist bombs possible.)

The Nuclear Fuel Cycle, by Daniel Ford *et al.,* 1974; $4.95 prepaid from Friends of the Earth, 529 Commercial St., San Francisco 94111. (Problems of fuel theft, reactor accidents, fuel transportation, waste storage.)

Nuclear Safety, by Robert Gillette; $1.60 prepaid from *Science Magazine,* 1515 Massachusetts Ave. N.W., Washington, D.C. 20005. (Four-part reprint questions the Atomic Energy Commission's role as a truly independent regulatory agency.)

Poisoned Power, by John Gofman and Arthur Tamplin, Signet paperback, 1974; $1.95. (Radiation dangers.)

World Energy Strategies, by Amory B. Lovins, 1974; $4.95 prepaid from Friends of the Earth, address above. (Guidelines for less consumptive, nonnuclear era.) □

GERALD R. FRE

Conversation piece *at 1973 Carmel contest, this massive castle with its flying buttresses was created in 7 hours by a group of students from Los Gatos, California*

Spectator sport or participating art . . . it's sand sculpting and sand castling

A new kind of folk art is growing in popularity—sand sculpting. More than a dozen sand sculpture contests will be staged along the West's beaches this year, some of them attracting hundreds of participants and spectators.

If you haven't participated before, you might like to this year. Even if you can't draw a recognizable stick figure, there's always a chance that you might create something delightful when you start molding sand.

Most contests offer categories to separate sculptures from sand castles, and divide contestants into age groups, making the events competitive even for children.

If you're a novice, here are a few tips collected from dozens of winning sand

Wonderfully *simpl Herbie the Hippo munches seaweed. His creators expla "We just made a bi mound of sand—it reminded us of a hippo, so that's wh we made"*

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GERALD R. FREDRICK

Originality *counts a lot. Both judge and spectators admire sandy sunbathers (with litter) at Alameda Beach*

Where and when to sculpt? Here's a list

Here are sand sculpture contests scheduled this summer and into next year. For more details on any of them, contact the source noted.
All but one event are in California.

August 3. From 3 P.M. on, Manhattan Beach, as part of the International Surf Festival. Chamber of Commerce, (213) 545-5817.

August 3. 10 A.M., San Diego's Mission Bay at Crown Point Shores. Rosemary Starns, (714) 276-2800.

August 18. Noon to 2 P.M., Long Beach at the foot of Junipero Street. Convention Bureau, (213) 437-4104.

Late August. Santa Monica, as part of the Sports and Arts Festival. Parks Department, (213) 393-9975, ext. 276.

August. Ventura, California. Cheryl Meaden, City Parks and Recreation, Ventura 93001.

September 1. 11 A.M. to 1 P.M., Capitola Beach near Santa Cruz, (408) 475-6522.

Early September. Carmel. Chamber of Commerce, (408) 375-2252.

October 20. Newport Harbor at the main beach, Big Corona. One of most elaborate contests, permitting use of forms, chicken wire, mechanical animations, (714) 644-8211.

Early October. Seacliff Beach, 3 miles south of Santa Cruz. Virginia Gregory, (408) 688-6565.

February or March. Laguna Beach; (714) 494-1018.

June or July. Alameda Beach, (415) 522-4100 ext. 227; Oceanside, Parks Department, (714) 722-8271; Imperial Beach, San Diego County, (714) 424-3151; Cannon Beach, Oregon, (503) 436-2623.

sculptors last year:

If possible, choose a plot of sand near enough to the water to be very damp. It will be more cohesive while you sculpt, and won't dry out so fast. Build up a mound of damp sand, pack it, then begin carving, working from the top down.

Useful tools include molds of all shapes —such as plastic waste baskets, co tins, paper cups, spatulas, trowels, nels, strainers.

Bring a rake or broom to tidy your before the judges pass by. And above don't forget a picnic lunch. The fresh and work inevitably lead to a raven appetite.

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The pattern is our new "Good Morning Basket" inspired by an heirloom quilt. It comes in rust, peach or green and there are sheets and pillow cases, towels and even a plump matching comforter to baby you through chilly mornings. The extra-plush towels are 100% cotton and everything else is No-Iron 50% Fortrel® polyester and 50% cotton. So when Timothy gets peanut butter on the pillow cases, it doesn't make life sticky.

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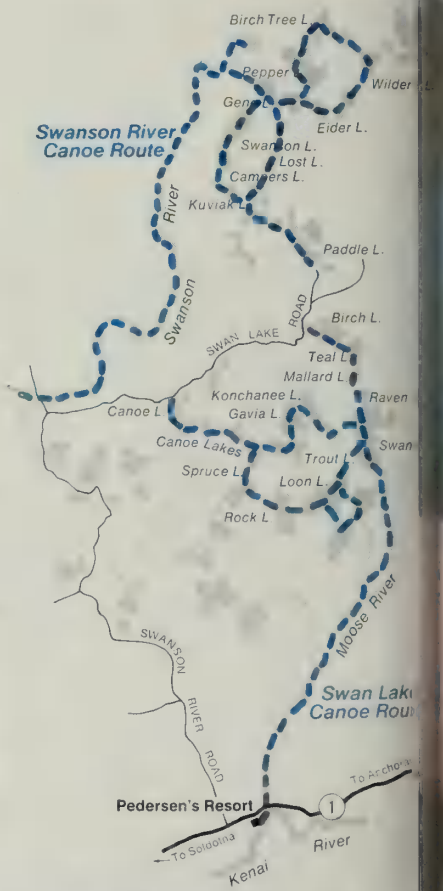
The lush, gently rolling lowlands along the northern edge of Alaska's Kenai Peninsula are part of the Kenai National Moose Range for a reason—the hundreds of lakes along meandering rivers and streams are ideal habitats for these ungainly members of the deer family.

These same waterways are also prime fishing and canoeing destinations.

An easy weekend trip from Anchorage, the Moose Range waterways are deep enough to be navigated by canoe or kayak, and most can be negotiated by

(continued on page 40)

Moose *and her calf play peek-a-boo with photographer through a thick stand of spruce*



Swanson River *and Swan Lake canoe trail systems are roughly 150 miles from Anchorage on Alaska's Kenai Peninsula*

Lakeside camp *is close to drinking water and fishing*

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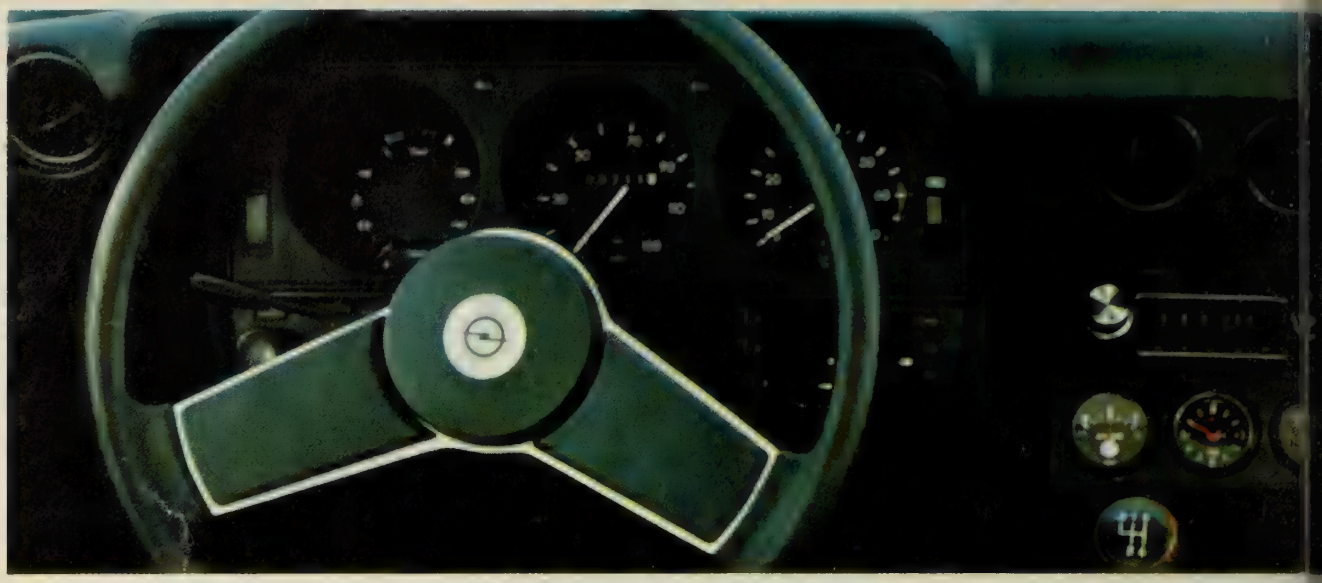
d. Okanagan vineyards.
e. A sidewalk cafe in Vancouver's Gastown.

For more information contact British Columbia House, 585-3303 Wilshire Blvd., Los Angeles, California 09910; British Columbia House, Room 400, 100 Bush Street, San Francisco, California 94105; or write The British Columbia Department of Travel Industry, 1019 Wharf Street, Victoria, British Columbia. Canada V8W 2Z2.



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The Germans love cars. They also love driving. And perhaps nowhere is the love affair more evident than in that paragon of virtue, the legendary German car.

Form follows function.
But despite a passion for dramatic machinery, the Germans also have a practical streak. And correctly so. Like us, they have big families. Like us, they have possessions to haul around. And like us, they demand transportation that is roomy, practical to operate, and easy on gas. (They've had a gasoline problem there for years.)

Introducing the Opel Sportwagon.
All of which pretty well sets the stage for the Opel Sportwagon, a curious amalgam of exuberance and thrift. In one respect, it's a sensible little wagon—53 cubic feet of cargo space, rugged 1900 cc. 4-cylinder engine, sturdy bumpers, good heater, and so on, as wagons go.

Wunderwagon.
But, emotionally, beneath the surface, the Sportwagon is a different story. Chassis-wise, it's a close relative of its sporty counterpart, the Opel Manta Coupe. With rack-and-pinion steering, front and rear stabilizer bars, power front disc brakes, 4-speed transmission (an automatic is also available)—the works. Underneath, it's a German machine.

The cockpit.
Inside, if you put aside the fact that you have all that cargo space behind you, the Sportwagon cockpit looks and feels like an expensive grand touring car. A large, black, full-sweep tachometer is standard. To the right is a center console that houses a clock, oil pressure and amp gauges. Typical of the Deutschlandic demand for comfort, the bucket seats recline to virtual full-prone, if desired.

On the road.
Like any German machine, the Sportwagon is at its best when you put it in motion. A twist of the key, and the needles on the dials spring to attention. The little cam-in-head-4 hums pleasantly ahead of you, the vinyl-covered steering wheel responds to the touch, and suddenly, without fuss, noise or bother, you're spanning time and distance. A sharp turn, a sudden stop—you ask and the car responds with German authority. And yet, for all the Sportwagon's ability to excite, it still delivers the kind of frugality that has helped make Opel a best seller in Germany for the past two years. And in a country as demanding as Germany, being the best selling *anything* is no mean feat.

$3,582.22*
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The Standard Manta Coupe is priced at $3,298.50,* the Manta Rallye and Manta Luxus at $3,523.50,* and $3,535.50,* respectively. At more than 2,200 Buick/Opel dealers throughout America.

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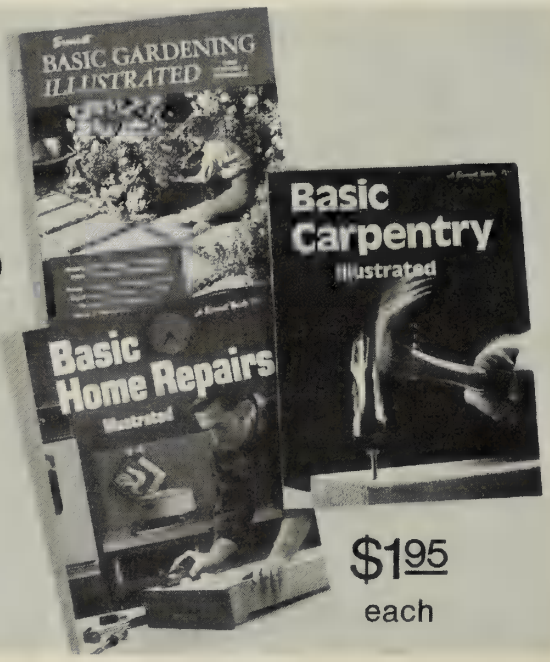

$1.95 each

Sunset Books

first-time paddlers. Two water syst have been officially designated as "ca trails": the Swanson River Canoe R and the Swan Lake Canoe Route.

Both systems offer a variety of alter interconnecting routes; some can be t eled in an afternoon. Stream and fishing is good for rainbow and D Varden trout and, towards the enc July, for red and silver salmon. If are quiet and observant you will moose and perhaps bears, bald ea and a variety of ducks and grebes. will probably hear the haunting call loon long before seeing one. There some portages between lakes, but are usually short (the longest is a and level.

Of the two canoe trail systems, Swan River is the largest; about 80 mile waterways link more than 40 lakes about 46 miles of the river. An ave trip, including the river and a portio the lakes, takes about a week; fc shorter trip you can just sample a lakes and then backtrack.

The Swan Lake system is better su to Alaska visitors who won't be u a car but come prepared for wilder camping. The entire system o roughly 60 miles of canoeing, connec 30 lakes with the Moose River. need only three to five days to san about a third of the lakes and appr mately 25 miles of the Moose River, you end your trip where you begin at the Moose River bridge next to Pe sen's Moose River Resort on State

From Anchorage you can take M McKinley Bus Lines (118 E. Sixth A Anchorage 99501) once-daily bus to Kenai Peninsula; the trip takes abo hours via Seward. You buy a ticke Soldotna (round-trip fare is $18) bu certain to tell the driver to let you o Pedersen's. The return trip is tric because you have to flag the bus d vigorously or else it will roar past.

At Pedersen's you can rent a 12 or foot aluminum canoe, paddles, and jackets for $10 a day. For a fee they shuttle you, your equipment, and canoe up the 20-mile gravel road to head of the Swan Lake Canoe Ro You can arrange to be picked up at end of your trip if you take the Swan River Route. At the resort you can information on fishing and water co tions, buy tackle and licenses, and a your wilderness experience enjoy showers and ice cream.

Boaters with all their own equipm should still check in at Pedersen's or Moose Range office in Kenai for cur information on water conditions. turnoff onto the Swanson River Roa about 1½ miles beyond the resort. road to the trailhead is well marked.

The canoe trails are not marked

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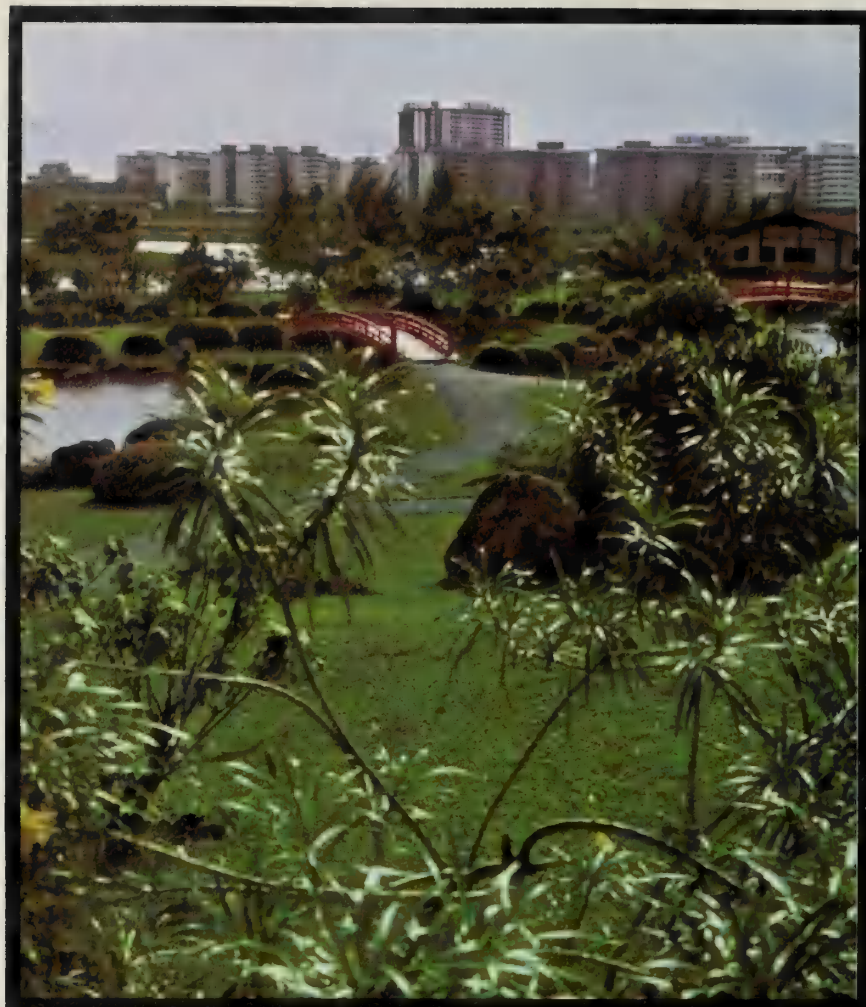
Hilton Hawaiian Village



A city in full bloom

3,000 species of tropical plants and orchid hybrids right in the heart of town. That's Botanic Gardens, a heart of green in the garden city of Singapore. Where palm trees sway on traffic islands and streets are shaded by colourful Flame of the Forest trees. Where exotic flowers blossom on street corners and pavements change from concrete to grass. Asia's cleanest greenest city.

A city of contrast. Amidst an industrial area, the world's tallest man-made waterfall cascades into Jurong Bird Park, home of 8,000 birds including many rare species.

Not far away blooms a Japanese garden. 32 acres of green landscape, lotus ponds, bridges, stone lanterns, pagodas. A picture of peace and tranquility.

Despite rapid progress and urbanization, Singapore is still an island of lush green foliage, unspoilt and unpolluted.

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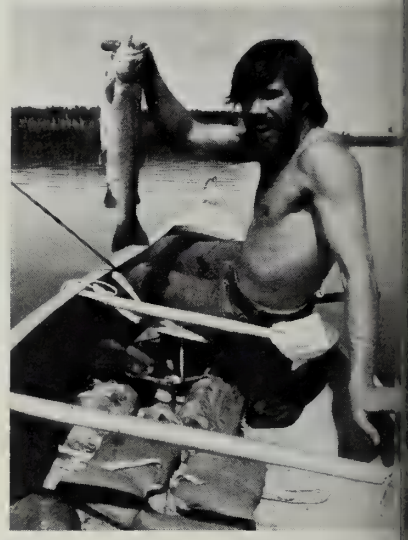
clearly. During a recent trip we fo several portages poorly marked, s almost hidden.

Fishing on the Swan Lake system better the farther you are from the r We had good results with light-colo flies at stream mouths in the mor and evening, and other anglers had sistent results with salmon eggs near shore. Our biggest fish were rainl trout caught with gold and red spin while trolling fairly deep in Swan L Spinning and fly-fishing the Moose R for pan-sized trout were also success

Travel light. Possible wave splash ar good chance of summer rain indi need for waterproof packs, rain ponc a tent, and a camp stove. Cans and tles have no place in the wilder Overburdened canoes are unsafe—s packs in the bottom of the canoe an them to the boat.

Of all the wild animals you are likel encounter, a cow moose with a ca the most unpredictable. Watch fro



Happy angler *hoists 22-inch rainbow just caught in Swan Lake*

safe distance: Don't approach a lone and don't come between a calf an mother. The most bothersome of A ka's wildlife is the lowly mosquito. in a good supply of repellent be leaving home; ointments in a poc sized plastic bottle with N, N-Diet meta-toluamide in it are convenient effective.

Also, plan your trip completely, confirmed reservations for transp tion, accommodations, and equipm For detailed trail maps and informa sheets on the canoe trail systems, w to Refuge Manager, Kenai Nati Moose Range, Box 500, Kenai, Al 99611. For canoe or cabin reservati write to Pedersen's Moose River Re Star Route, Sterling, Alaska 99672.

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irst, there's the human kind. For them, we f r a cab with plenty of glass area for good i ility. And there's a wide choice of luxury i riors available.

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hen there's the other kind of camper—the e-of-metal kind. We've thought of that, too. e developed special camper tie-down a ages that are available to facilitate mounting. r there's Elimi-pitch that hydraulically snubs the camper body in case it tries to pitch up or down.

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EXPRESS

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Wellington has cable cars too

In many ways the city of Wellington, capital of New Zealand, is reminiscent of San Francisco: Overlooking a windblown bay, the city is perched on steep hills that are occasionally wrapped in a blanket of fog.

And it has two cable cars.

Wellington's cable car line, officially called the Kelburn Cable Tram, has 75 years of history behind it. Construction began in 1899 to provide transportation from the business center of the city to new "suburbs" on the city's western hills. Originally powered by steam, the line is now run by electric engines that wind the cable up and down the track.

Each car is attached to one end of the cable and brakemen coordinate the cable's movement. (In San Francisco, cars are independent of the cable.)

The entire run lasts only 4 minutes and takes you about half a mile from the terminal on Kelburn Avenue (just off Lambton Quay) to the terminal at Upland Road. For cable car buffs, it's an opportunity to talk to the brakeman and see how the car operates.

The Upland Road terminal offers a panoramic view of the city and the main entrance to Wellington's Botanic Gardens, a rolling parkland where you can see a variety of native plants as well as a formal rose garden in the best English tradition. If you cross the road just outside the rose garden you can take the number 12 bus back downtown.

Operating daily, the Kelburn Cable Tram runs Monday through Friday from 7 A.M. to 11:20 P.M., Saturday from 10:30 to 6:40, and Sunday from 11:10 to 9:10. Fare is 10 cents (New Zealand) each way. □

Schoolgirl *and shoppers ride the cable car down to the city center*

GERALD R. FREDRICK

New leather vest *obviously pleases one shopper on the Strip. Fashion boutiques are plentiful, imaginative*

It's not *a fire truck, it's a mobile camera unit tracking a 1965 Rolls Royce on Sunset in Beverly Hills. Beyond, high rise of the Strip towers over double-deck palm planting and other trees*

Using Sunset Boulevard for Los Angeles discovery. You tour and detour. Here is a repo

Skeptical *stuffed donkey will be part of portrait that visitors will get on old Plaza*

Machaca *is the biggest of splendid products of unglamorous Burrito King, corner of Alvarado in Echo Park*

Is an introduction to Sunset Boulevard, one of the storied thoroughfares of Los Angeles, to the swath of city and man-made landscape beside it, and to the surprisingly wide open space just above it.

The territory is probably too overwhelming to take in on a single tour. But take along a street map and navigate selectively. Cruise the boulevard as you would a great river, sidetracking on promising tributaries, and you will discover a variety in Los Angeles you can find in no other way. The 25-mile arc taps some of the liveliest—and loveliest—aspects of the metropolis.

Sunset by car . . . from urban street to garden street

The drive refutes one of the commonest clichés about Los Angeles: that it is all flat.

Sunset begins on benchland beside the Los Angeles River (not a concrete ditch). Then it takes to the hills, northwestward for almost 4 miles on an irresolute dog-leg course up canyons, over ridges, across canyon-bottom streets on bridges.

Sunset until it reaches the edge of the Hollywood district does it turn west, straighten, and level. It's a normal street for less than 5½ miles across the northernmost edge of the coastal plain, four blocks below the mountains.

Sunset meets the mountains at the West Hollywood boundary. Then it becomes the twistiest boulevard in town for nearly 16 miles, up hills, across mesas, down into canyons all the way to the sea. And at the Beverly Hills boundary it abruptly changes from an urban to a garden street.

You begin at the old pueblo

Sunset begins at the original pueblo (town) where Los Angeles began. Now a state historic park, the complex includes the Plaza and the tourist magnet of Olvera Street.

The pueblo is near enough other attractions for a day of exploring: China City and New Chinatown to the north, Civic Center, the Music Center, Little Tokyo, and the Los Angeles Mall now taking shape to the south; the Union Passenger Terminal to the east. All are linked on weekdays and Saturdays by minibus: 10 cents a ride, no transfers. Buses gather at the Plaza—posted maps show their loop routes.

Leaving the pueblo on Sunset you climb past Fort Moore hill on the left, its waterfall monument dry during energy crises. Here the Americans placed a cannon to command the pueblo below after the occupation in 1847.

You drive over the Pasadena Freeway on a bridge with a view of the four-level freeway interchange, now softened with trees and vines; the new high rise downtown is beyond.

Echo Park and Silver Lake districts

Hill streets along here are as steep as those in Sausalito that tumble down to San Francisco Bay. There are many long blocks, for Sunset is often at the base of cliffs while side streets must keep high above.

The cliffs are cuts made to lesson grades for the trolleys that preceded the street. A 1904 Pacific Electric power substation at the corner of Occidental Boulevard in Silver Lake is the only remnant—except for another on Olvera Street—of the streetcar era and the Big Red Cars, the interurban rapid transit that coaxed the infant metropolis to sprawl.

You can regard the cityscape here as tacky and marred by unusual billboard density and by power poles. (The poles extend as far as Santa Monica Boulevard, then virtually vanish from the remaining course of Sunset.)

Or you can look at the cityscape as possessing the charm of age, where avocados, figs, and loquats have outgrown small gardens of small houses—some of them as old as 90 years. In Los Angeles the "back to the city" of conventional planners' talk means back to the suburbs of yesteryear.

(Turn the page for map; text continues on page 50.)

Exploring on and off Sunset Boulevard ... the gardens, the still visible past, the buildings, the performing arts

Boulevard of gardens

Sunset's course was once grassland, oak woodland, chaparral. Its transformation to exotic landscape shows most obviously along the verdant western half, but the urban section shares the same climate and also has some striking plantings.

Around the Pueblo and Civic Center the central district sets the tone with tropicals: bird of paradise (the City flower), corals (the City tree), floss silk, palm, and Moreton Bay fig trees.

Chavez Ravine (3). Northwest on Sunset, turn right on Elysian Park Avenue, then left on Stadium Way to Elysian Park to see how early city leaders brought "reforestation" to bare hills above the Pueblo, hoping to revive land values after the boom of the 1880's. Hillside forests are eucalyptus, deodars, palms.

From Scott Avenue to the upper end of Chavez Ravine where Elysian Park Drive meets Stadium Way is Southern California's first arboretum, started in 1893. Many veteran trees remain.

Back on Sunset, notice the remnant Mexican fan palm street trees. "Telephone poles with fright wigs" to some, the most architectural of trees to others, they represent the tropical landscape fantasy of early subdividers.

Echo Park (5). Turn south on Echo Park Avenue. Originally done as an English landscape, the park is now mainly palms around an 8-acre lake—a microcosm of the Southern California image on clear days when mountains rise in the background—with a notable lotus planting in the lake's north arm.

Return on Glendale Boulevard, turning left at Park Avenue. On Glendale notice the giant supergraphics on a public stairway up the road-cut cliff, and Angelus Temple, stronghold of the colorful evangelist Aimee Semple in the 1930's.

Barnsdall Park (6). Entrance is on Hollywood Boulevard, just west of Vermont Avenue. It caps Olive Hill, which rears up like an island, its slopes clad with olive groves unusual in mid-city.

The summit is an art park around a nucleus of a cultural center designed by Frank Lloyd Wright for Aline Barnsdall, who gave it to the city in 1927. Wright did Hollyhock House (closed for restoration) and an arts and crafts building where adult classes are held. More recent additions: the 1966 Junior Arts Center, the 1971 Municipal Art Gallery.

Fern Dell (9) is north on Western Avenue, just inside Griffith Park. Native ferns beside a spring-fed creek here inspired park developers of two generations ago to plant exotics in this traditional Indian council place.

Hollywood was the site of two notable Japanese gardens. Vestiges of the 1913 **Bernheimer gardens (16)**, on a hill at the upper end of Sycamore Avenue, can be seen by patrons of Yamashiro Restaurant (open at 5 P.M.), the reproduction of a Japanese palace that was the gardens' centerpiece.

The other Japanese garden was on an estate that is now **Wattles Gardens Park (20)**. From Hollywood Boulevard go north on Curson Avenue, past the avocado grove, to the entrance. The restored garden, including stone lanterns, gate, and koi in the stream, merges with chaparral high in the canyon. Closer to the entrance is a gemlike rustic teahouse and miniature garden presented by Nagoya, a Los Angeles sister city.

Greystone Park (22) is a second estate garden. Where Sunset jogs left near the e of the Strip, continue straight ahead on Doheny Road, then go right on Loma Vista. On 18½ acres, it is a series of gardens carved out of mountainside: a grand stone stairway, a formal yew-lined *allée*, a densely wooded hillsid a lily pond in a tiny hedge-lined garden, a grand view terrace.

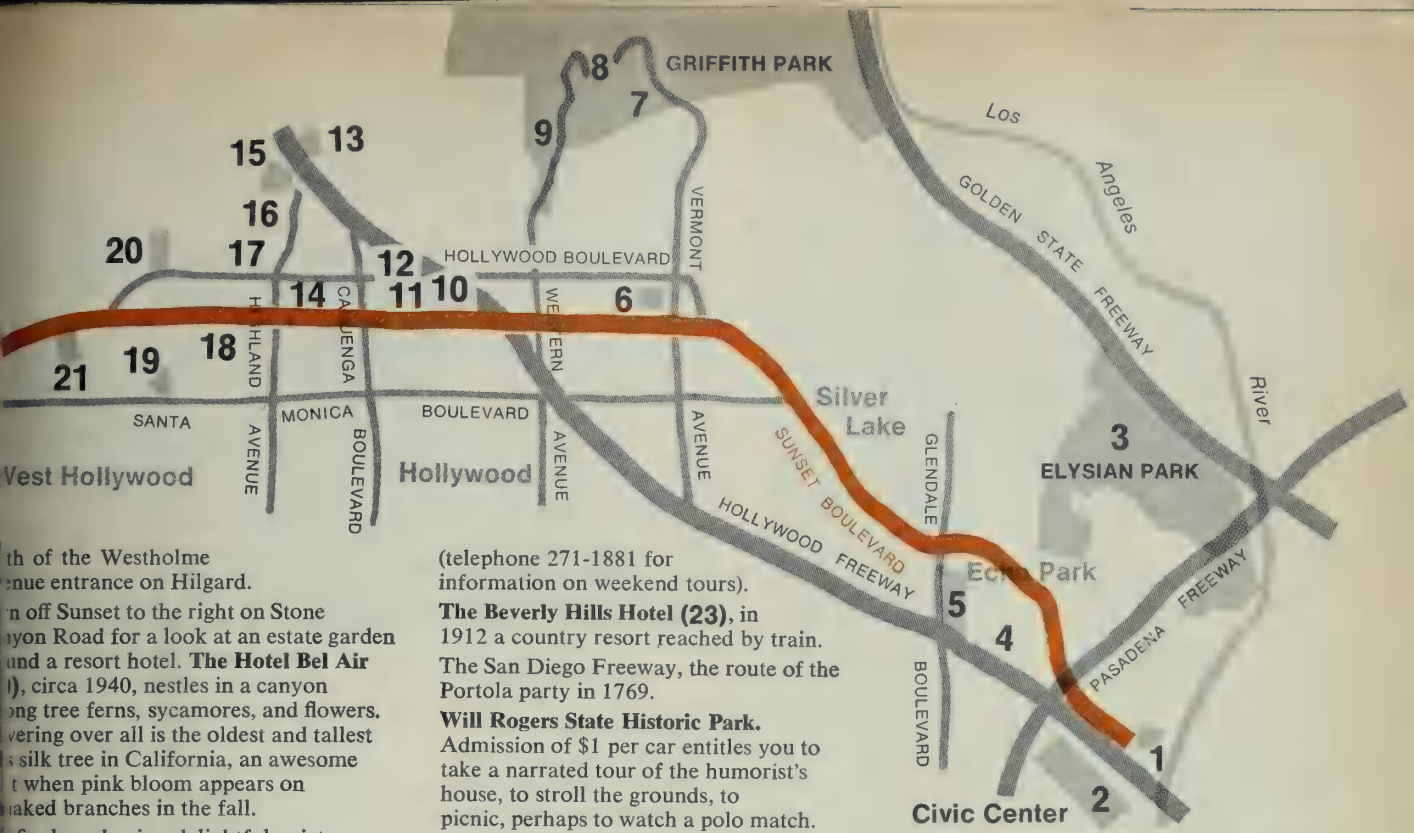
A third estate garden is now **Holmby Park (24)**. Turn south on Beve Glen to reach it. It has such a variety of trees—about 50 species, mostl labeled—that it is a small arboretum. There are also lawn bowling greens and pony golf course.

The grandest garden of all is the campus UCLA, a complex of malls, courts, hillsides, and other parklike open spaces extensive that a book has been written just to describe the plants therein (it lists nearly 370 species). Turn south o Hilgard. Parking is free on Sunday, $1 per day the rest of the week.

There are two special gardens. One is a sort of art park, where one of the university's three important collections i displayed outdoors in the **sculpture gard (25)** beside the Frederick S. Wight galle recently enlarged to become one of the city's significant museums.

The botanical garden (26) is an 8½-acr shady canyon. It contains what may be t tallest dawn redwood in the world. Between the tree area and Hilgard is a sunny cactus and succulent garden.

The campus is so vast that when the Visitors Center conducts horticultural to several times a year, they cover only one of four areas at a time. A special 2-hour tour will take visitors into the botanical garden on Wednesday, August Meet at the flagpole in Portola Plaza, the central quadrangle, at 1 P.M. There is a parking structure just



th of the Westholme
enue entrance on Hilgard.

n off Sunset to the right on Stone
yon Road for a look at an estate garden
und a resort hotel. **The Hotel Bel Air**
), circa 1940, nestles in a canyon
ng tree ferns, sycamores, and flowers.
vering over all is the oldest and tallest
silk tree in California, an awesome
t when pink bloom appears on
aked branches in the fall.

final garden is a delightful quiet
eat right next to Sunset, near its end.
ugh its structures look like—and
were—a movie set, the **Lake Shrine**
) of the Self Realization Fellowship
eves serenity and invites contemplation.
r from lower Santa Ynez Canyon.

Vestiges of history

richest historical building
centration in Los Angeles is at the old
olo. Here is the city's oldest house,
Avila adobe (1818), on Olvera
et. Here are the first church (1822),
irst theater (1869), and others. You
join a narrated walking tour around
Plaza; telephone 628-1274 for times.

flight to the suburbs began early and
sible in the hills of Echo Park.
e Victorian gems remain,
cially in the **1300 block of**
oll Avenue (4); take Douglas Street
n. Here are nine houses from
ate 1880's, some moldering, some in
ess of restoration, one handsomely
red. A few carriage barns remain.

r bits of the past along the way:

Hollywood Freeway, approximate
of El Camino Real, a footpath that
d the missions, later a stage road.

feature-length filming (11),
w Man in 1913, took place at Sunset
Vine, now a savings and loan office
film murals and stained glass.

lie Chaplin's house and sound stage
during the 1920's and 1930's, La Brea
outh of Sunset.

ywood's oldest house (19), an 1878
of ranching days in Plummer Park;
on Santa Monica, west of Fuller.

ome of William S. Hart (21), early
Western star, at 8341 De Longpre,
vest of Sweetzer, in an unmarked,
veloped city-owned park in the county.

25-27 oil baron's mansion in
stone Park (22), right out of
ond Chandler, often used in films
(telephone 271-1881 for
information on weekend tours).

The Beverly Hills Hotel (23), in
1912 a country resort reached by train.

The San Diego Freeway, the route of the
Portola party in 1769.

Will Rogers State Historic Park.
Admission of $1 per car entitles you to
take a narrated tour of the humorist's
house, to stroll the grounds, to
picnic, perhaps to watch a polo match.

The park preserves an engaging remnant
of the good life in the 1920's. Then
a man could escape the city by buying
some acres (187) in the mountains—
enough to build a rambling house, stables,
golf course, and polo field. And, so
the kids would have a place to swim,
Will Rogers also bought 3 miles of nearby
beach at the foot of Sunset—now
Will Rogers State Beach.

Ebullient architecture of the 1920's

The old buildings of the pueblo are mostly
nineteenth century and the westering
hill suburbs reflect booms in the 1880's and
1920's; the architectural highlights of
the Sunset swath are chiefly from one of
the city's most vigorous building
periods: the 1920's and early 1930's.

This was when Frank Lloyd Wright, R.M.
Schindler, and Richard Neutra were
doing the houses that brought the city
international renown. Two houses and the
public buildings are easily seen. Just as
gardens along the way are fantasies of other
climates, some notable buildings are
fantasies of other times and cultures:

Union Passenger Terminal (1), 1936-39.
Once at the eastern end of Sunset (before
it was closed off through the Plaza),
this handsome mission-style station was the
last great one built in America.

Los Angeles City Hall (2), 1926-28. For
years the only exception to the city's
150-foot height limit; distinguished more
for landmark quality than architecture.

Hollyhock House (6) in Barnsdall
Park. Built 1917-20 in Mayan design
theme; one of two publicly-owned
Wright houses; other is nearby
Prairie-style arts and crafts house.

Griffith Observatory and Planetarium
(8), 1935 WPA *moderne*, on one of the
most spectacular sites in town.

CBS Radio (10), 1937-38. Late 1930's
International style at 6121 Sunset,
still admired by architects.

Egyptian theater (14), 1922. Near East
fantasy, unhappily altered outside, at 6712
Hollywood Boulevard—from the heady
days that saw the first movie premiere here.

Chinese theater (17), 1927. Hollywood's
premier landmark, 6925 Hollywood
Boulevard, shows architectural skill
despite its stage-set decoration.

Royce Hall, UCLA (27), 1930. Built in
the Romanesque style that unified the
campus when it opened in 1929.

The performing arts belt

The wealth of performing arts houses is
another clue to the kind of city Sunset
unlocks. The theater is fed by and partially
overshadowed by the film-television
industry; it also shares its territory. An
astonishing 20 live theaters are located on
the boulevard or within ¼ mile of it
from the Civic Center to Westwood.

The city's establishment theater stands out
in four clusters, three of them on Sunset:
the tri-theater Music Center, the prestigious
Huntington Hartford (12), and the six
theaters at UCLA (with a wider range than
"establishment" implies).

The playhouse district is more diffuse: It
covers the 7½ miles from Silver Lake
to West Hollywood. Enlarge the
swath to a mile's distance from Sunset and
the number of theaters more than doubles,
to nearly 40, almost all of them the
"smaller theaters" of newspaper listings.

Also highly visible is the string of outdoor
theaters that take advantage of the
mountains for their settings. The 5,000-seat
Greek Theatre (7) is in Vermont Canyon
in Griffith Park. Two others face
Cahuenga Pass on opposite sides of the
Hollywood Freeway: the 1,300-seat
Pilgrimage Theater (13) and the vast
Hollywood Bowl (15) which seats more
than 17,000. A fourth is the 1,000-seat,
refurbished **UCLA Amphitheater (28)**.

Shakespeare. *Pool house is rehearsal stage for Greystone Park's fall arts festival*

Open temple *at Lake Shrine. Be is the Ghandi memorial; nearby is a bo descendant of 2,600-year-old tree in*

Sunset variety . . . Ghandi memorial, waterside temple, waterside Shakespear green lawns for bowling

Elysian Park Avenue, to the right, is access to the park and to Dodger Stadium next to Chavez Ravine. Watch out for mid-day game traffic on Sundays, August 4 and 25.

In the next block begins a scattered low-rent-district gallery row of antique, collectable, second-hand, and apparel shops that reaches to the end of Silver Lake. One sells film memorabilia, others have silver work, guitars, natural foods, coffees.

Restaurants in the two districts are predominantly Mexican, including two unusually good take-out places for burritos and carnitas at Alvarado. Some exceptions: French next to Yucatan, and Balkan, Cuban, Chinese, and Spanish (with flamenco music weekend evenings). A Mexican restaurant and a Cuban grocery are painted with folk-art murals.

The Echo Park commercial center reflects the community. You pass a Mexican bookstore, a bakery with a window full of folk-art cake decorations, Latin record shops, a 24-hour market with an unusual range of gourmet specialties, two Italian groceries that will make you sandwiches to go. Notice the butterfly mural on Logan, just off Sunset, and the super-graphics on the dry cleaner's shop at Echo Park Avenue.

Across the Hollywood district

Sunset emerges onto flatland just east of the beginning of Hollywood Boulevard. Ethnic flavor left behind, the scene changes to American middle class in an obvious step up the economic ladder.

Don't expect Hollywood glamor. After an enormous hospital complex at Vermont, the boulevard passes a mix of houses, mostly from the first third of the century, newer apartments, and store buildings old and new.

The first Hollywood flavor comes about at the Hollywood Freeway, which Sunset crosses on a bridge. You see the bulky buildings of films, television, radio, and recording, and the edge of a dense concentration of camera shops. Major st fled years ago, but the industry presence remains.

Tourist Hollywood is the next main street north: Holly Boulevard from Vine to La Brea. There are the shops taurants, nightclubs, hotels, the Hollywood Wax Mu and the Wierd Museum, the flamboyant film palaces— surprising bookstore district. The scene is tidy with gum pruned street trees; the people-watching is as fascinati anywhere in town.

West Hollywood, the "Sunset Strip"

The scene changes as you leave Los Angeles for the miles of county known as West Hollywood. Flat la behind; now cliffs edge the boulevard on the right and off on the left, here and there opening an expansive vie

The most striking change is the giant billboards, ma them hand painted. Larger than permitted in the city touting performers or epics of entertainment, they achieved a certain renown: a living gallery of pop some, ultimate visual blight to others.

This linear community offers a host of small shops, incl some elegant ones in the Sunset Plaza section, a scat of restaurants and nightclubs—mostly small now tha glittering era is over—theaters, and such wickedness a shows. It looks best at night, but even by day it's lively

Residential Sunset, 16 miles of curves and canyons

Sunset drops into Beverly Hills like a river leaving a gorge into a sea of greenery, and traffic speeds up.

The end of county jurisdiction presents one of the mos matic urban contrasts anywhere—especially so looking to where tall buildings loom above estate roofs and trees land-use collision dramatizes the defensive rationale of

he 78 incorporated cities in the county.

Beverly Hills the curves smooth out and the boulevard uires a center strip—once the railroad, then a bridle path. ı are among estates, some hiding behind planting, some ı front gardens like parks. The boulevard is a mystic ding line between affluent on the left and opulent in the ; on the right.

ɔosite the Beverly Hills Hotel is the triangular Will Rogers norial Park (he was once honorary mayor), usually bright ı flowers and frequented by governesses walking children ı stay at the hotel.

boulevard soon narrows and leaves Beverly Hills for a ting, up and down course into the Bel Air district of Los eles, past hedges as dense and high as if the road had ı cut through cliffs of pittosporum leaves.

n abandon all hope, oh pedestrian and cyclist—and bus r. There are few sidewalks, no parking or breakdown s, and little visibility around curves where westside che drivers indulge their Grand Prix fantasies as confi- ly as if they could be sure there was no obstacle ahead.

people who get off the bus have to pick their way ugh foot-deep ivy and step into the street to get around e plantings out to the curb.

territory south of the boulevard is Westwood and UCLA monument. Like the typical Southern California build- the university has many entrances, none of which is the ı one. And a hundred parking lots and structures, none hich is near your destination.

San Diego Freeway is the biggest canyon Sunset crosses. nd is the Brentwood district, also heavily planted, and Pacific Palisades, past the first of Sunset's great hair- lips into canyons at Mandeville (the other two are Rustic Santa Ynez canyons). Where the boulevard rises out of ic Canyon onto a broad, nearly flat mesa, Chautauqua evard is the first direct road down to the beach, below ı Monica Canyon.

d, Sunset straightens, through a residential area and then commercial heart of Pacific Palisades. Here, notice the ctive triangular Village Green minipark, completed last st—a triumph of community action on what was to been a gas station site.

seaward one long block to a linear picnic park on both of Temescal Canyon Road. Opened in May, its sign aims Will Rogers State Beach; the park joins the beach ile below and the city administers both as a unit. It was ed on fill for a 6-lane road in the last nearly untouched on south of Sunset. Chaparral slopes rise from the edge e lawn. The canyon is often an afternoon wind tunnel, many of the picnic tables, clustered under arbors, are cted by sloping side ridges.

t straggles down toward the sea bluff, where a row of erey pines is all that remains of the Bernheimer Japa- garden famous in the 1930's. The bulk of the property ng since slid to the beach below.

shortly Sunset makes its final plunge down into Santa Canyon to meet the beach in an anticlimax: There is but a sea horizon seen through a tangle of power poles, n good beach days a nearly permanent traffic jam.

urs for high views and close-in wildness

street level view is obscured by a blanket of planting building. To see where you've been, or to get your bear- before you start, here are four detours to high view- s close to Sunset—two of them in their natural state, scinating contrast to the irrigated landscape.

n a clear day if you can—there will be some even in ner. Late next month Santa Anas will begin clearing the

White-clad bowlers *compete on greens of Holmby Park, part of a former estate garden with assortment of trees*

Downtown *has a rural setting in this view from Elysian Park Drive, now that its towers reach above the hills*

scene with desert air.

In Elysian Park, take Elysian Park Drive (not Avenue) east from Stadium Way; it climbs quickly to become the park's view high road. The surprise comes around the first big bend: Suddenly downtown rears up out of tawny grass hillsides. Below is Sunset's hilly section, the plain is beyond, and Hollywood looks like a cove sheltered by its backdrop mountains.

In Griffith Park the classic view is from the observatory. The grandest view is from the summit of Mount Hollywood, a mile above the observatory through chaparral on perhaps the most heavily-used trail in town. The panorama includes the Valley, the mountains, the coastal plain, the sea.

At Greystone Park the balconied terraces overlook a city boundary made visible by high rise buildings edging low rise Beverly Hills on two sides—West Hollywood and Century City. One surprise is the steepness of the slopes below; another is to learn of some of the wild denizens of this well-groomed park: a coyote (who visits after hours), deer, and a great horned owl in the tall trees.

The least visible park in town has replaced Griffith as the largest, with more than 7,000 acres and 2,200 soon to be added. Pending classification at our press time, it was known as the Santa Monica Mountains state park project. Will Rogers State Historic Park is the only unrestricted access to its fastnesses, stretching back 5 miles to the crest of the range at Mulholland Drive.

The new park is for hikers, but half an hour's walk on the trail that starts in the canyon up behind the stables takes you to the best viewpoint. You will see new landmarks: Downtown, made prominent by its new towers, rises almost behind the rival towers of westside Century City, also in Los Angeles. And you get into unspoiled chaparral country—the way it was before the European and the Yankee arrived—rugged, wild, and right on the edge of the city. □

Water spills *from the larger of two waterfalls that from upper pool (8 feet wide) to the main pictured on the opposite page. Juniperus procumbens 'N grows over tufa rock at right of thi*

Steppingstone path *goes around pool. At this point by Japanese black pine, it takes you one step across tufa rock island. Equisetum at left grows in circle of rocks imbedded in concrete*

Pool garden . . . a prize winner

It's small, 1,325 square feet, and almost half water. It has waterfalls, fish, lilies, steppingstones, decks. We tell how it was made

It takes audacity to build a garden like this. It also takes planning, patience, time, money, an appreciation of plants, and an unusual degree of skill at building things.

This garden with 750 square feet of planting surface and 575 square feet of pool surface won first prize in *Sunset's* Garden Contest for 1973 (we did not run a contest this year). It is in Malibu, California, and was designed and built by Fil and Don Drukey of Design Format.

The feature that makes the Drukey pool remarkably superior to most garden pools is its water line. Most amateur pool makers determine the pool's edge or water line by eye. Or they do it by a crude method that involves reading the water level at both ends of a garden hose. Then, when the amateurs fill their pool for the first time, they often find that certain parts of the pool edge stick up like a collar above the water edge.

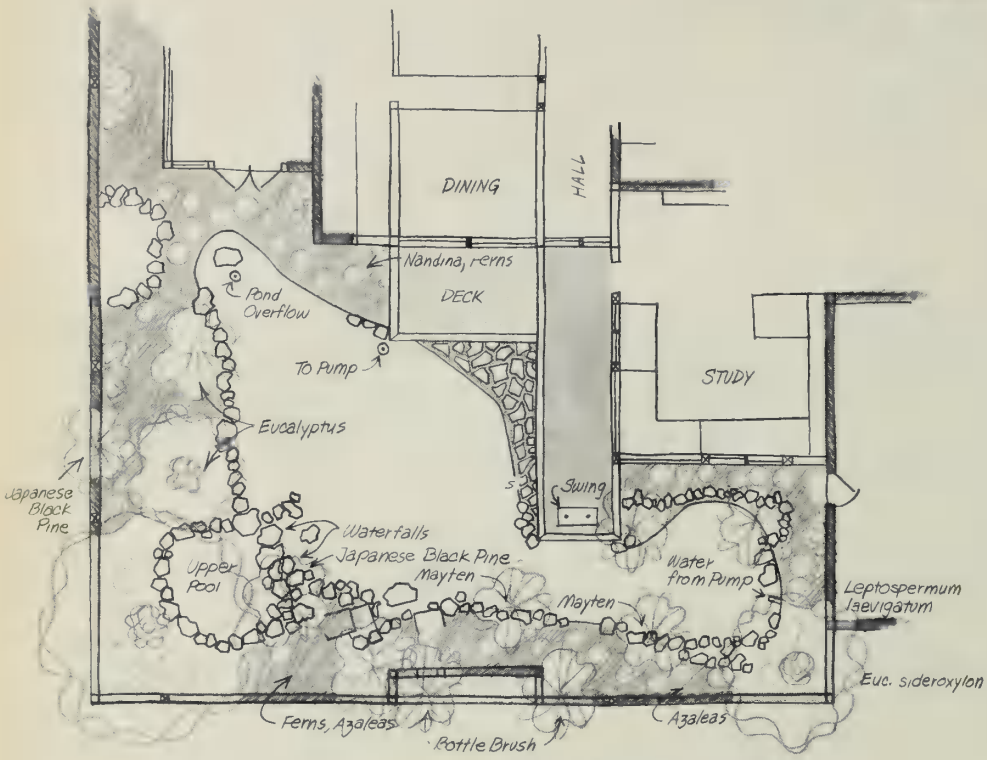
The Drukeys avoided all possibility of such error by using a builder's level to establish the water line. (You re from an equipment rental firm.)

After the various pipes for water c lation were in place, they installe steel bars around the rim and the mesh for the pool's shell. Then hired a crew for the specialized jo spraying on the gunite shell.

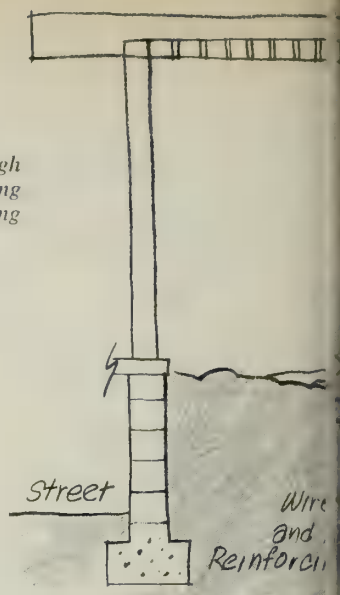
On the plans, notice the shelf, 12 in wide and 6 inches deep, just below rim of the pool. It supports the r and the bog plants at the pool's Submerged concrete blocks hold

NORMAN A. PLATE

The main pool *is 2 to 3 feet deep and contains koi, goldfish, and two kinds of water lilies growing in submerged plastic tubs. The cylinder at lower left is part of a custom-made low-voltage system that softly lights garden and pool after dark*



Plan *of the pool garden locates the main trees, shrubs, rocks, steppingstones, and decks in relation to house*



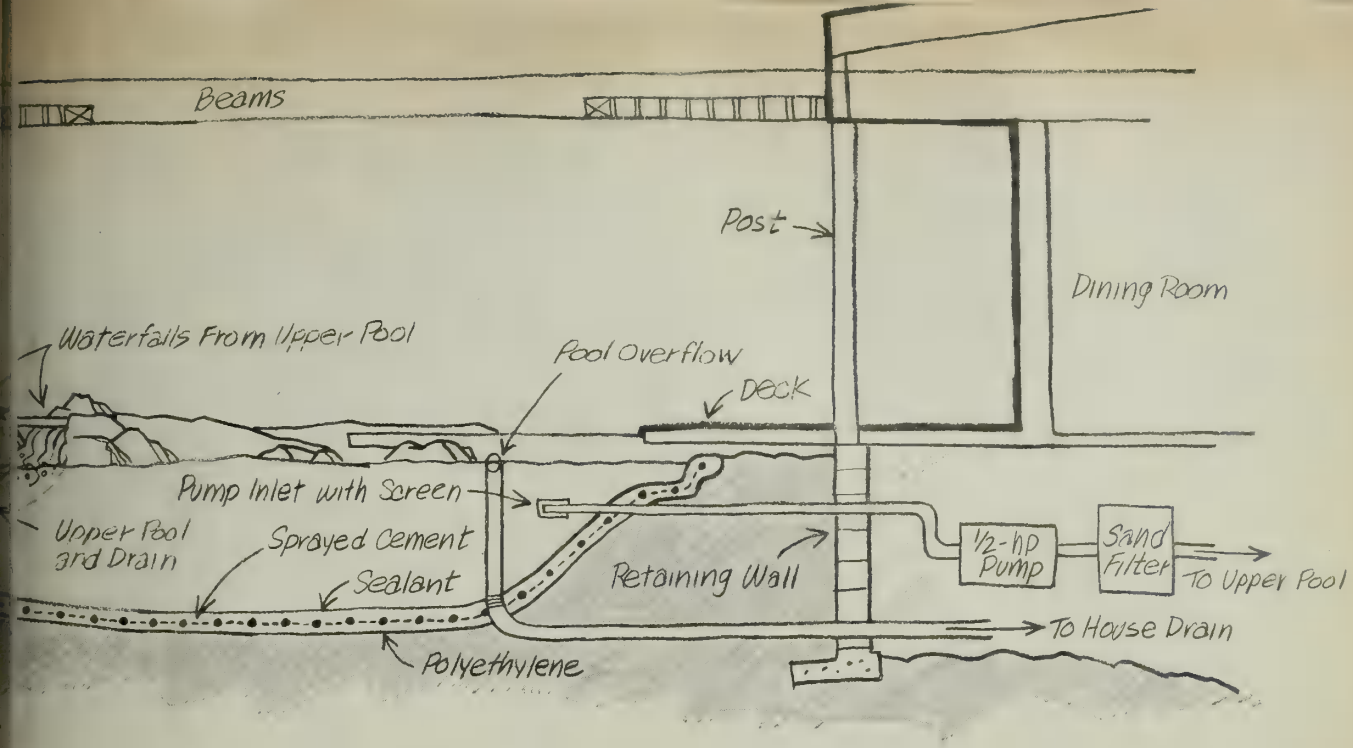
Cross section *through main pool shows plumbing and pool lining*

These drawings ar photographs expla how the audaciou Drukeys did it

DON DRUKEY

Early in the job. *Former parking area was fenced off by retaining walls, then excavation was started inside*

Some time later. *They've brought in soil, put wood facing on the wall, planted shrubs and trees. Notice plastic pipes sticking out into excavation: Left one draws from upper pool; right one carries water to pump*



nes higher than others.

cause the edge is so perfectly engi-red, planting soil comes within less n an inch of the water surface. This ows some ground covers and shrubs grow over the edge and hang into water—a pleasing effect.

e Drukeys used about 2 tons of tufa k in and around the pool's edge. The ous nature of this tan-to-gray rock ourages growth of moss on its sur-e—another pleasing, natural effect. Drukey sped up the process by steal-moss from containers and spreading onto the moist, porous tufa surface. e moss took hold and grew.

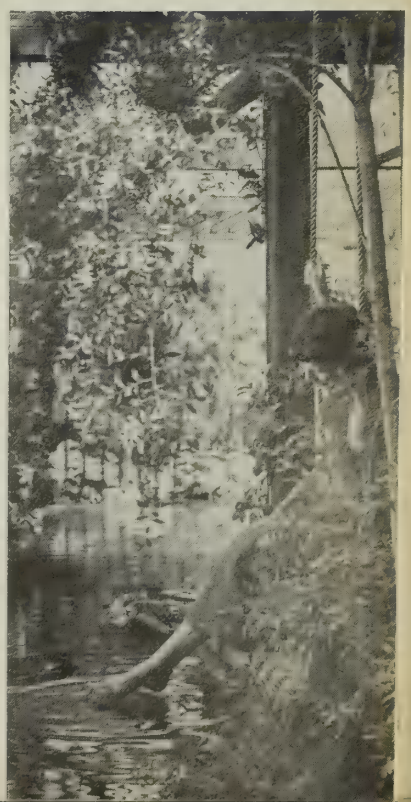
Another feature that makes this garden unique is that the entire area is spanned by extensions of the beams that run through the post-and-beam house. Posts matching those of the house form the basic structure of the fence and support the outer ends of the beams. The pool-spanning beams support grills of 1 by 3-inch slats in frames made of 2 by 3's. The grills give a little more shade to this pool area on the northeast corner of the house.

In two places decks cantilever over the water—another device that makes garden, pool, and house one pleasant unit.

Plants used in this garden are common kinds that you can buy in almost any Southern California nursery, but everything has medium to small leaves. The selected small-texture range is in scale with a small garden. It pleases the eye. It's also practical. Little leaves falling in the pool are not as likely to clog up the works as large leaves would be.

Shrubs and trees are named on the plan. Fine-textured ground covers were used around the pool and baby's tears in the shade, herniaria (a baby's tears look-alike) in the sun, Scotch moss in the sun, a good quantity of *Juniperus procumbens* 'Nana' in the sun, and a ground cover coprosma in sun and shade. □

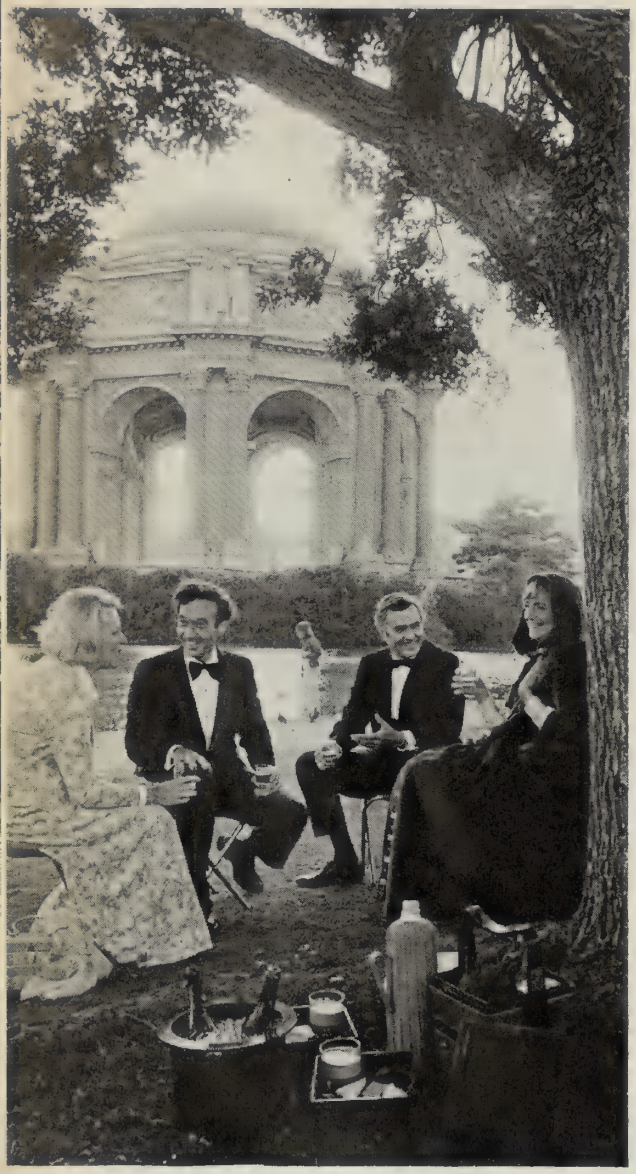
She's sitting *on rope swing at end of the narrow deck; it hangs from balcony on ¾-inch gold nylon line*



oking into *the pool from the side of the narrow deck. The white water lily ymphaea 'Gonnere.' The ground cover between the flagstones is Scotch mos*

NORMAN A. PLATE

San Francisco's *Palace of Fine Arts, glowing in the early evening sun, provides classical setting for easy-to-pack premusic soup-and-sandwich party on page 58*



Stanford's *Frost Memo Amphitheater is often crammed with picnicki audience; menu comparisons, food swap are part of the fun. Abo couple shares scoop-and-eat tabbuli salad; a left, recipe trading over a cold chicken dinner*

Hollywood Bow *lights sil picnickers Turkish final course of a (menu on p enjoyed the amph*

Ashland's *Elizabethan Theater in Oregon is backdrop for traveling theatergoers sharing a meal partly from home (page 59); next, more Shakespeare*

Picnic before theater

Elegant or casual, and as economical as you like, right at the theater, near it, or on the way

It's no wonder that many savvy theatergoers find the light-filled hours before curtain time just right for a picnic. Summer evenings offer plenty of good light for eating outdoors. There's no worry about when the waiter will take your order or bring the check. And you may even eliminate the drive from eating place to theater.

Yet the meal can be just what you want to make it. In fact, some people play a kind of game of "picnicmanship" to see who can pull the greatest wonders out of an innocent-looking picnic basket.

From picnics-before-theater that various *Sunset* editors have shared, watched, or managed all over the West, we have devised menus (on the next two pages) to suit each of the following situations:

(1) You arrive from home an hour or so before show time and sit in the same place for picnic and performance; (2) You head from home to a picnic place that's on the way to the theater; (3) You're traveling and must put the meal together without a kitchen.

Situation number 1 gives you almost dining room conditions. Whether you set up on a blanket on the slope of Stanford's Frost Memorial Amphitheater, or on a table (for rent, by reservation) in the Hollywood Bowl, showmanship is in order. Although you can transport the meal in insulated containers, you might want to bring equipment for heating and serving, as well as a hamper with accessories for serving the proposed curry dinner with suitable flair.

Dining outside the theater, as in situation number 2, you might find yourself on a bench or lawn viewing the fountain outside the Seattle Center, at tables on the grounds of the Greek Theater in Los Angeles, or on portable stools by the pond at San Francisco's Palace of Fine Arts. Since you have to pack up and move along, simplicity is a factor, but elegance need not be ignored —though tools and tasks are minimized. Beef fillet sandwiches and a delicately flavored sipping soup are one answer.

The limitations of the traveling theater

DARROW M. WATT

Curry dinner *is served in comfort from rental table in Hollywood Bowl*

buff provide a real challenge—whether you're headed for several days of Shakespeare in Ashland, Oregon, San Diego, or Cedar City, Utah; or for an intensive dose of music at the Peter Britt Music and Arts Festival in Jacksonville, Oregon; or the Cabrillo Music Festival in Aptos, California. The secret of the traveler's picnic—situation number 3—is to plan early, bring suitable containers and durable foods from home, and shop a little after you arrive. Preparation requires a knife, can opener, and water, but no cooking.

1. Hollywood Bowl dinner party picnic

Early arrival, no traffic rush, no parking lot squeeze, and ample time to dine—often with courses lingering through the melodic outflow—give the quality of comfort and luxury to an outing in the Hollywood Bowl. Watching others—and comparing menus—is a good part of the fun, and candelabras and chafing dishes are amusing (sometimes practical) and frequently seen accessories.

This curry looks and tastes more complex than it actually is, and it can be colorfully spread out for four to six.

Cucumber with Yogurt
North African-style Lamb Curry with Condiments
Pilaf Cracker Bread
Turkish Coffee
Grapes and Nectarines

Carry the cucumber salad in a refrigerated container and the Turkish coffee (homemade or from a mix) in a vacuum bottle. We used a compact, gas-fueled tabletop unit to reheat the curry and pilaf, but you can transport it hot in insulated containers. Use a mix or your own recipe to make the pilaf (you'll need 3 to 4 cups). Serve the salad in small dishes; we used scallop shells.

Present the curry with pilaf on individual plates and top with your choice of condiments. Demitasse cups suit the service of the coffee. An apéritif such as Kir (purchased or homemade) or a dry white wine such as Chenin Blanc can begin the meal, and a fruity rosé wine such as a Gamay Rosé or Zinfandel Rosé goes well with the curry.

Cucumber with Yogurt. Thinly slice 1 medium-sized cucumber (peel, if desired); sprinkle with salt and let drain at least 15 minutes. Blend with ¾ cup unflavored yogurt, ¼ cup minced green onion, 2 tablespoons minced fresh mint (or 2 tablespoons dried mint leaves, crumbled), ⅛ teaspoon seasoned salt, and ⅛ teaspoon seasoned pepper. Keep cold, covered. Makes 4 to 6 servings.

North African-style Lamb Curry. Cut 2 to 3 pounds boneless lamb (shoulder or neck) in about 1½-inch chunks and sprinkle lightly with salt. In a 4 or 5-quart kettle, brown meat in its own fat over high heat, stirring. Lift out meat and add to pan 8 to 12 small (about 1¼-inch-diameter) boiling onions, along with 2 tablespoons water; stir to free browned particles.

Continue to cook, stirring, until onions are tinged with brown. Lift out onions and set aside. Turn heat to medium and stir into drippings 2 tablespoons minced candied ginger, 1 tablespoon curry powder, and 2 sticks (about 2 inches *each*) cinnamon, blending well. Return to pan meat and any juices, onions, 2 tablespoons chopped fresh coriander (or 2 teaspoons dried coriander leaves—also called cilantro or Chinese parsley), and 1 cup regular-strength chicken broth. Cover and simmer gently for 1 hour or until meat is quite tender when pierced.

After 40 minutes add 1 to 1½ cups dried apricots. (At this point you can chill the dish, covered, for several days.) Carry curry hot or cold to picnic in an insulated container. To reheat, add about ¼ cup water and stir occasionally until steaming.

Serve condiments (suggestions follow) to spoon onto individual portions. Accompany with hot pilaf. Serves 4 to 6.

Condiments: Present in individual containers 1 small avocado, diced (moisten with lemon juice to preserve color); about ½ cup coconut chips, ½ cup Major Grey's chutney; ½ cup coars chopped salted cashews; and ¼ c minced fresh coriander (optional).

2. Pack-up-and-go San Francisco picnic

Swans nibble your leftovers at Palace of Fine Arts; but many ot urban parks such as Huntington Pa Stern Grove, or even expansive Gol Gate Park can also provide delig ful pastoral settings. Choose one clos to your ultimate destination (perh just a few steps from the theater) whichever city you plan to stage meal for four.

Mushroom Velvet Cream
Smoked Almonds
Bearnaise and Beef Fillet Sandwiche
Cherry Tomatoes
Strawberries Powdered Sugar
Petit Fours
Champagne

You can start the day before: Make soup, cook the beef for the sandwic and make the bearnaise sauce. To heat soup and pour into a vacuum l tle; make sandwiches. We packed e dinner separately in stackable Japar lacquer boxes (or use individual l kets), with stemless glasses for soup champagne. Ice from home or p chased en route chills the champag Dessert is strawberries to dip in su and purchased petit fours. You want to plan on coffee at the theater

Mushroom Velvet Cream. Slice pound mushrooms, chop 1 medi sized onion, and chop 1 cup lig packed parsley. Cook vegetables in cup melted butter or margarine in a ing pan over high heat, stirring, u mushrooms are limp and all juices h evaporated. Stir in 1 tablespoon purpose flour; remove from heat blend in 1 can (14 oz.) regular-strer beef broth. Bring to boiling, stirring

Whirl mixture, a portion at a time, covered blender with 1 cup sour cr until smooth. (Or force through a f mill.) If made ahead, cover and c Heat to simmering and pour soup in vacuum bottle. Sip from glasses or c at the picnic site. Makes 4 servings.

Bearnaise and Beef Fillet Sandwic In a small saucepan simmer ¼ cup wine vinegar with ½ cup minced s lots (or red onions) and ½ teaspoon ragon leaves until liquid is evapora Add ½ cup (¼ lb.) butter or marga and stir until melted, then cook u shallots are soft. Whirl 2 egg yolks covered blender until blended, t gradually add butter in a slow ste stream; mixture will thicken. Pour a small container, cover, and chill u of a spreading consistency.

Thinly slice a 1 to 1½-pound piec

cooked beef fillet (fat trimmed y) or other beef steak. If desired, crusts from 8 slices firm-textured le wheat bread and 8 slices firm-tex- d white bread. Spread bread gener- y with the chilled bearnaise sauce; 4 wheat and 4 white slices equally beef; salt lightly and cover with aining white and wheat slices, en- ing beef in bearnaise. Cut each sand- in 2 or 3 smaller, easy-to-handle ions. Wrap in plastic film and chill l time to serve. Makes 4 servings.

3. *Traveler's theater feast*

t out with a kit from home contain- an insulated chest, a cloth, serving es, napkins, cups, plates, flatware pensable eating utensils, if pre- ed), and the canned and packaged ds. Then plan to shop a few hours re your picnic to complete the meal.

Radishes Zucchini Green Onions
Westphalian-style Pumpernickel Bread
A Creamy Cheese
Corned Beef Rolls
Asparagus Spears
Marinated Artichoke Hearts
Berries with Chestnut Spread
Whipping Cream Lemon Wafers

ng from home 1 can (about 1 lb.) aragus spears, 1 jar (6 oz.) marinated artichoke hearts, 1 can (about 8 oz.) chestnut spread, 1 box (10½ oz., or a portion) lemon wafers, and a wine or fruit juice of your choosing. (Or plan to try a local wine, purchased while traveling or at your destination.)

Shop for 1 bunch radishes, 2 or 3 small zucchini, 1 bunch green onions, 1 package (1 lb.) sliced Westphalian-style pumpernickel bread, a small whole (about a ¼-lb. portion) Boursin, Camembert, or Brie cheese or a small package (3 oz.) flavored cream cheese, about 1 pound sliced corned beef or other cold meat (¾ lb. for light eaters), 1 basket fresh berries such as raspberries or strawberries (or 1 box, 10 oz., frozen berries), and 1 cup whipping cream.

To organize (in hotel or motel), wash vegetables and fresh berries; trim leaves and stem ends from radishes, zucchini, and onions. Keep cool along with cheese, meat, and cream, in an insulated chest (purchase ice, if necessary).

To serve, group radishes, zucchini, onions, cheese, and bread on a tray with a knife. To eat, spread cheese on radishes, slices of the zucchini, onions, and the bread.

On another tray arrange the sliced meat, rolled if you like; open and drain asparagus and place alongside. Spoon artichokes from jar over asparagus, adding a little of the marinade. Eat with forks from small plates.

Spoon the chestnut spread into a small dish, pour the cream into a small jug, and arrange berries in a bowl or basket with cookies alongside. Individually, spoon some of the chestnut spread into each cup, top with berries, and pour in cream; stir gently, then eat. □

Even in a parking lot, *before-theater or pre-concert parties can exhibit much styling. Note wine glasses, outfitted hamper on open "boot" of this vintage English motorcar*

CRAIG M. AURNESS

Picnic transport is a challenge: buckets, boxes, your choice of baskets

en families *split up a menu, each course can be transported separate container. Here baskets were the choice*

Lap-service meal *for pack-up-and-go picnic travels in lacquer boxes; champagne chills in ice bucket*

1· *Squeeze pastelike resist (in catsup, mustard, or possibly detergent container) as you draw design outline on the fabric*

2· *After resist has dried (overnight if possible) brush on different colors of dye. Use a different brush for each color*

You make your drawing, expose it to sun, and then . . .

Stand by as the sun takes charge

It's a little like magic. You draw a design on fabric with a pastelike resist, brush on special dye, expose it to strong sunlight, and stand by while the colors emerge strong and clear. The colors develop fairly fast, and reach their full brilliance in about 30 minutes.

Children enjoy the whole process, especially the color changes. Adults respond to the vivid colors and the delightful uneven line quality that the resist process gives. The results are handcrafted and look it.

You can use the technique for pillows, wall hangings, curtains, or clothing (dyes are permanent). Dyes used full strength are intense; you can dilute them for lighter colors.

Suggested fabrics. For best results, use white 100 per cent cotton, linen, or rayon. Do not use acrylics, fiberglass, polyesters, or any fabric treated with water repellent. Also avoid wrinkle-resistant and stain-resistant finishes. Read the labels carefully. Pure fabrics can be hard to find, especially this year.

Variety stores are a good bet for unbleached muslin and sometimes cotton.

Before dyeing, wash fabrics with detergent to remove any sizing; then iron flat.

Dyeing supplies. Ask for "dyes that develop in the sun" at an art supply store. The best known is called Inkodye; a 4-ounce bottle (one color) costs about $1. If your art store doesn't carry these dyes you can mail-order them through Inkodye, 1199 E. 12th St., Oakland 94606; first request a brochure giving colors, quantities of dye, information on 100 per cent cotton, prices, and mailing charges.

The dye bottles are opaque and lightproof. If you transfer dyes to glass jars for group use, cover with foil so dyes won't develop prematurely.

Resist. The resist blocks out areas that should not receive the dye. After dyeing, it is washed out, leaving irregular li that delineate your design.

You can buy resist at an art or cr store; 1 pint costs about $1.25. Or m your own: Gradually add 1 cup plu to 3 tablespoons flour to 1 cup of wa Stir with a wire whisk, electric mixer blender until smooth.

Put resist in a plastic squeeze mustar catsup bottle. A detergent container also work if the hole is not too la Apply the resist in thick bold lines photograph 1).

You'll have to use homemade resist same day you make it; it won't ke although commercial resist will.

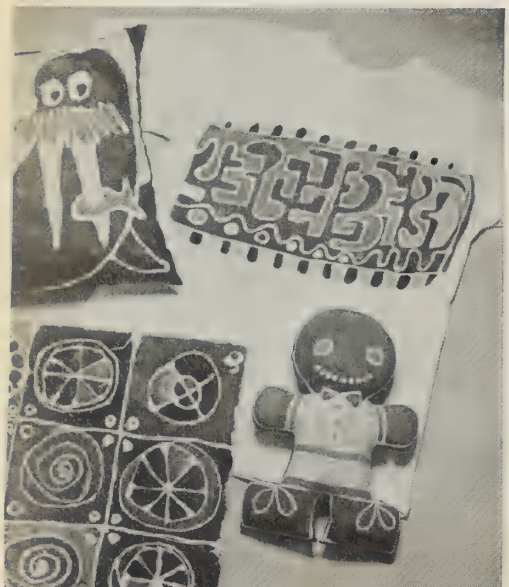
Dyeing tips. Wear old clothes and w indoors. Brush on dye; take fabric side to the sun while dyes are still

Because the dye in the container isn't final color that appears, test the col in the sun on scraps of fabric first. can start with primary colors and m your own combinations; dilute w water to obtain tints.

If you don't have direct sunshine can develop the dye with a hot iron, the final colors are not quite as brilli and ironing is time-consuming (each a needs a total of about 5 minutes direc under the heat of a moving iron).

Rinsing. Wash the fabric thoroughly warm soapy water to remove resist all residual dye. Then let it dry and ready to use. Wash separately for f few washings.

Sun-developed subjects: *upper left, walrus pillow; right, T-shirt; lower left, tic-tac-toe fabric design ready to frame; right, gingerbread stuffed toy*



DARROW M. WATT

Place dyed fabric in the sun. The colors, pale and dull as they come from the bottles, will emerge quickly in direct sunlight

4· *When the dye is thoroughly dry, soak the fabric in warm soapy water for about an hour to wash out all resist*

AN A. PLATE

he **m did it.** *You draw your design, brush on dye, put fabric in sun—and brilliant colors pop out*

Cook can chop *(guests can too) almost everywhere. All the counters are laminated maple block*

A good kitchen to work in or have a party in

and it didn't cost all that much

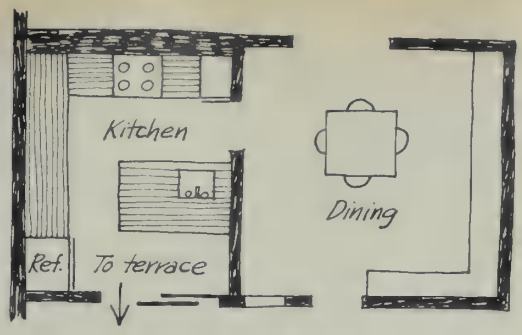
This new kitchen and adjoining library-dining room cost its owners $4,012 for building materials, appliances, plumbing and electrical work, and $1,000 for carpentry labor, plus sizable amounts of the owner's time spent principally in construction assistance as well as in finishing all surfaces.

If done on a full contract it would probably have cost about $8,000. In today's world the $3,000 saving reflects first-rate planning and prudent adherence to a budget.

The kitchen uses only basic appliances (a sink, single oven, four-burner cook top, refrigerator). A generously wide wood-topped peninsula lets several cooks work at once and organizes traffic in the 10 by 12-foot room.

Jose Lambert of Lambert Woods, Architects, San Francisco, designed kitchen around his own idiosyncras He says, "I become quite annoyed there are shadows in the way whe cook, and I like to spread out and w everywhere. The six white reflectors watts each), give more than adequ light and I like their sculptural qual I used an electrician's pipe bender a hacksaw to put them up. The whole

DARROW M. WATT



Kitchen opens *to dining room on the right or out to newly tiled terrace at the rear of the house*

Dining room *above isn't always just that; it also doubles as a library. Lower bookshelf is deep, offers generous space to set out buffet. Gooseneck light (left) is used both for book browsing and also for soft dining light*

Sliding *glass doors that open kitchen to terrace also let in plenty of light*

te cost less than $100."

T: cabinets in both kitchen and dining rem are made of vertical grain, tongue-an-groove Douglas fir, to give a custom lo c. But construction is simple enough fc a home workshop.

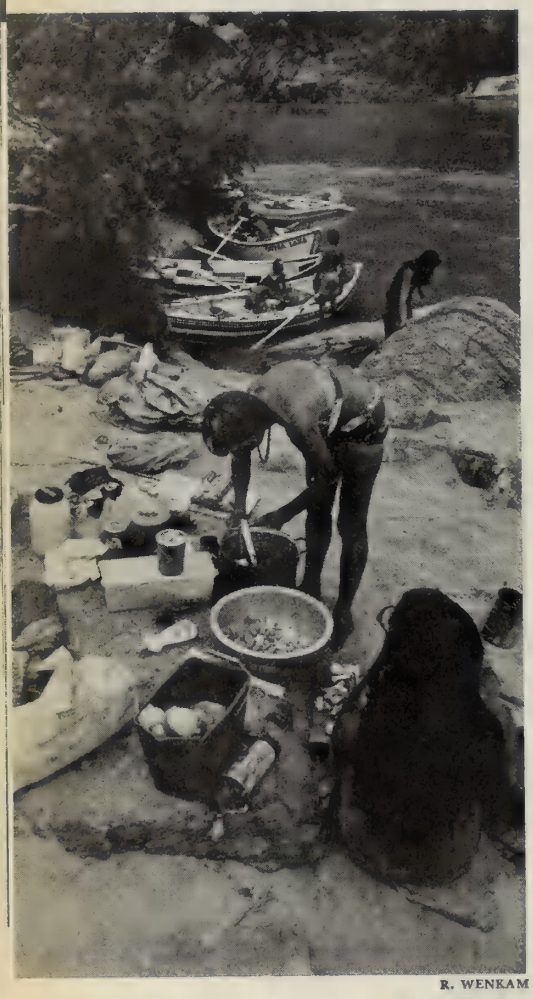
Kchen counters are durable laminated mple, coved on all inner edges and corns. The coves are called "baker hrds" because they prevent dough from getting caught in the corners. Laminated hardwood counters are both doweled and glued, an important feature around a sink; the joinery holds the laminated pieces tightly together in spite of water. They are treated with mineral oil whenever they look dry.

All drawers and some cabinet doors have finger pulls underneath. Other cabinet doors use recessed solid brass ring pulls (ship's hardware). Jose Lambert says, "When I cook I move fast. I wouldn't like to get caught on a projecting pull."

In the dining room - library, the shelves are oak stair-treads, 13 inches deep and rounded on the front edges. Each cabinet below has its own electrical outlet—for the high-fidelity equipment and television housed inside. □

Fingerling trout *fry for breakfast in the Trinity Alps. Wooden boxes hold supplies on pack mules, then serve as shelves when stacked in camp*

Large canvas bags *carry food and equipment on this dory trip through the Grand Canyon of the Colorado. Buckets, dishpans, and kettles were all put to use*



R. WENKAM

DARROW M. WATT

Cooking for a crowd in the wild

You plan, pack for many people, many days . . . for transport by car, camper, pack horse, boat

Lunch break *in Canyonlands' Maze in Utah—bread, meat, other fixings all packed in a neat portable horse-carried kitchen*

FRANK JENSEN

ating in shifts *is a popular procedure at multifamily camp eals. Here, children eat first while parents prepare their own dinner*

JACK CARPENTER

Two or more families taking a camping trip together or an expedition of trail riders or river runners heading into wilderness all face similar problems—how to plan, pack, and camp-cook for a crowd, with markets left far behind.

In the November 1973 *Sunset,* we invited readers to share their experiences with campfire meals for large groups. Responses came from both professionals and once-a-year campers, and were loaded with practical realities. We've summarized their ideas and used *Sunset's* own long experience with camp cooking to help you plan your own outing. For further ideas you might consult two Sierra Club totebooks by Hasse Bunnelle, *Food for Knapsackers* ($2.15) and *Cooking for Camp and Trail* ($3.40). They're available at some bookstores or through the Sierra Club, 220 Bush St., San Francisco 94104.

On the next pages are week-long menu suggestions for breakfast, lunch, and dinner. The recipes are designed to serve eight but can easily be multiplied.

Where to start?

First plan your menus. Get a fairly good estimate of the size and ages of your group. Will you be carrying things by car, boat, or pack animal? How long will it take to reach your destination? Will you be staying in any campsite for more than one night? Will water and firewood be available? What type of weather are you likely to encounter? What about garbage disposal?

All camp cooks strongly recommend a written-out menu plan and many draw up meal charts like the ones given here. Each dish should be evaluated by how much work goes into its preparation and cleanup—"simplicity is the key." Whenever possible, cooks try to include a variety of fresh foods to help enliven

GLENN CHRISTIANSEN

Plan *your menus on paper first, listing everything for each meal*

A week's menu, meal by meal, day by day

meals. Choices grow more limited as a trip extends beyond a week if additional shopping is not feasible. But even cooks who frown on cooking with mixes and from cans at home have created some very tasty dishes with a few spices and a little ingenuity.

Speaking from experience

Here we pass along some worthwhile hints from our helpful readers.

Menu planning

All agree that a few departures from typical camp fare make meal times more fun: "Our big repast was Eggs Benedict over an open fire"—see the recipe on page 94.

"Season beans, call them *cassoulet,* and they'll taste better"—such ethnic styl of camp dishes is popular.

"Spices and herbs are invaluable for space they take, so don't stint on the They add a fresh flavor and color many dishes and help adjust the fla of a planned dish to suit a group."

"Menus should have a degree of fle bility so changes can be made during trip"—to accommodate such special of the locale as fresh berries and tro

Some readers pointed out ways they freshness into meals with produce t bring along:

"Serve fragile greens the first few da hold sturdier vegetables up to the si day when they really taste great."

"Carrots, celery, and cabbage are go travelers and can be easily recrisped

Dinner Menu Plan

DAY	MAIN DISH/STARCH	SOUP OR APPETIZER	SALAD/VEGETABLE	DESSERT
SAT 1	Barbecued London broil French bread	Crisp vegetables and dip (purchased)	Mixed green	Watermelon
SUN 2	Barbecued chicken and buttered noodles or *Chicken Noodles Almondine	Smoked fish (canned) and crackers or sherried beef broth	Mixed green	Spice cake (from home)
MON 3	*Beef Chow Yuk	Chicken bouillon	(included)	Oriental pears (canned) Almond cookies
TUE 4	Corned beef (canned)	Tomato soup (mix)	Sautéed cabbage Boiled potatoes or corn-on-the-cob	Tapioca pudding (canned)
WED 5	*Italian Grilled Cheese and Condiment Sandwiches	Minestrone (mix)	(included)	Lemon pudding (mix)
THU 6	*Wilderness Cassoulet Brown bread (canned)	Crackers and assorted cheeses or chicken bouillon	Cabbage slaw	Peaches (canned) Macaroon cookies
FRI 7	*Meatball Noodle Stroganoff	Borscht or onion soup (mix)	Sliced tomatoes (canned)	Pound cake (from home) Fruit cocktail (canned)
SAT 8	*Seafood-Rice-Vegetable Stew	Hot broth and salted pumpkin seeds	(included)	Chocolate pudding (mix) topped with mandarin oranges (canned)

*Recipes begin on page 94

Breakfast Menu Plan

DAY	MAIN DISH/MEAT	FRUIT	JUICE	OTHER
SUN 2	*Chinese Almond Omelet	—	Apple	Soy sauce
MON 3	*Eggs Benedict in Camp	Honeydew melon wedges	Tangerine	—
TUE 4	*Chilaquiles	Cantaloupe wedges	Papaya nectar	Refried beans (canned)
WED 5	*Cheese Fondue Sausage and pork luncheon meat (canned)	—	Cranberry-apple cocktail	Bread cubes
THU 6	French toast (mix plus sliced bread) Pan-fried fresh trout or bacon (canned)	Fresh berries or berry syrup	—	—
FRI 7	*Crunchy Hot Cereal Pan-fried smoked ham (canned)	—	Grapefruit	Honey Cinnamon-sugar Milk
SAT 8	*Super Scramble	—	Seasoned tomato cocktail	—
SUN 9	Pancakes (mix) Pork sausage links (canned)	—	Orange	Add nuts, raisins, bacon bits (canned) to pancake mix Syrup

Lunch Menu Plan

DAY	MEAT/CHEESE	BREAD	SALAD OR CONDIMENTS	DESSERT	DRINK
UN 2	Cold sliced steak (planned leftovers) Shredded Cheddar cheese	Taco shells Arab bread	Sliced sweet pickles Shredded lettuce Mustard and butter Chopped tomatoes	Brownies (from home)	Lemonade
ION 3	Salami or beefstick Swiss cheese	Bagels	Mixed bean salad (your own or canned)	Oatmeal cookies	Fruit punch
UE 4	Turkey noodle soup (mix, in a vacuum jug)	Cheese-flavored crackers	Carrot sticks Celery sticks	Oranges	Apple juice
/ED 5	Meat spreads (canned): chicken, deviled ham, liverwurst Gouda cheese	Pumpernickel	Bacon bits (canned) Sliced red onion Sweet pickles	Dried fruit and nuts	Orangeade
HU 6	Hard-cooked eggs Kuminost cheese	Rusks	Tropical fruit salad (canned)	Gingersnaps	Cold tea
RI 7	Kippered herring (canned) Sardines in sauce (canned)	Crisp hardtack	Sliced pickled beets Dill pickles	Camembert (canned) with sweet crackers and apples	Lemon-limeade
AT 8	Beef jerky Jack or string cheese	Cracker bread or pretzels	Marinated mushrooms (canned) or potato salad (canned)	Graham crackers	Root beer
UN 9	— OUT —				

old stream," but keep onions dry.

ith careful packing (keeping dry, iding bruising) citrus fruits last al- st indefinitely."

e juice and peel of lemons and limes a a fresh taste to many foods and erages."

elons like cantaloupes, honeydew, l watermelon are good travelers."

ways take nuts, in or out of the ll, for munching."

er runners have a special problem: ey're always thirsty. Soup or another erage is a must before meals."

ocolate is fine in cold weather but ts quickly when it's hot." Semi- et chocolate for cooking will hold better.

ep paper-wrapped hard candy, dried t, nuts, and cereal-fruit snack mix- s handy for nibbling."

sserts are often "child-oriented": ever- ular "smores" (a chocolate bar and sted marshmallow between two ham crackers), popcorn popped over open fire, packaged pudding mixes canned desserts such as pudding or babas to dress up with canned fruit.

pping

t planning well in advance to take antage of good food buys. If possible, up produce, bread, and meat he last big city you'll pass through, else buy these items just before leave home.

be sure canned products don't re- e refrigeration—especially canned s and cheeses such as Camembert Brie. "Whole firm cheeses such as -coated rounds and logs of Cheddar, , Edam, and Gouda travel best."

Equipment

As a general rule, if you have a choice, take one big kettle rather than two or more small pans. One reader's suggestion: "All you need is a few basic pieces for a group of eight: a 12-inch cast-iron frying pan, a 5-quart enamel coffee pot, two 6 to 12-quart kettles, a large pot such as a canning kettle for heating water, and if there's room a griddle."

Some additional hints on utensils:

"You'll need a cutting board—we use lightweight plywood."

"Take long-handled utensils like spoons, dippers, tongs, spatulas, and heavy, durable pot holders."

"Our wok is now part of our basic equipment list." (See page 54 of the August 1973 *Sunset*, and page 94 of this issue for stir-fried camp recipes.)

"We use double plastic bags instead of mixing bowls for mixing, serving, and marinating."

"A 10 by 15-inch rimmed baking sheet or 14-inch pizza pan can be used for serving or as a cover for big frying pans and kettles."

"Use a wide-mouthed vacuum jug to keep scrambled eggs warm for 1 or 2 hours to feed late risers, or to carry hot soup for lunch or cold water for drinks."

"Sew bags to hold pans; it keeps any soot from soiling other things."

"There's always lots of firewood along the river." Take a large portable grill (with folding legs in case rocks aren't available) for supporting cooking pots and grilling meat over an open fire.

"We're not allowed fires in the park, so we use campstoves." See page 55 of the July 1971 *Sunset* for a discussion on campstoves and fuel.

Refrigeration

If weight is not a major concern, most campers take along one or more ice chests. "We kept one cooler for frozen food, one for cool foods. By moving the day's frozen meat to the second cooler, the vegetables, fruit, eggs, and butter stay cold while the meat defrosts."

Keep eggs cool, "but if refrigeration is nil, we loosely seal the cartons in plastic bags, then put in heavy waterproof bags and set in a cold stream. Quality is still fair by the end of a week."

Packing and repacking

To save time in camp, do as much repackaging of food at home as possible. Pack and store foods together according to each meal; keep a list of the order in which they'll be used and where they are stowed.

Also, stow the last meals first to minimize reshifting supplies.

"Bags of food are much easier to carry and store on a camping trip than bottles and cans. Use double plastic bags sealed with rubber bands or string ties—metal twists can poke holes in bags. Push all air out of bags before sealing."

"Label everything; lists of contents and mixing or cooking instructions can be slipped between inner and outer bags or printed on inner bag."

"You can premix many dry ingredients ahead, such as seasonings for specific dishes." Use dry milk powder where milk is specified.

"Spices and herbs can be carried in 35-mm film cans"—or in plastic pill containers or plastic sandwich bags.

"Use rigid plastic bottles to carry salad dressing, oil, vinegar, honey, mustard, and other liquids." □

Patio is paved *with split tan-colored concrete blocks. They were soaked in water, then set level ½ inch apart on 2-inch-thick sand base. Joints were filled with mortar. Planting beds are bordered with whole blocks set on edge with concrete block caps*

NORMAN A. PLATE

Set block *on cushion of sand in nursery flat or box. Using masonry chisel and hammer, firmly tap each partition*

Continue *to tap until "clink" becomes a "thud" —a signal that splitting is occurring. Then turn the block over, do same on the other side*

Full split *yields two pavers. This project had a 5 per cent loss rate from erratic splitting of blocks*

Split block pavement is unusual, inexpensive

With a lot of chiseling and some mortar, cc crete block becomes an economical pavi material. To make the patio shown here, Whitehurst and Jim Laurence of Los Ange used 4-inch-thick, 8 by 16-inch blocks—sp in half, set firmly on a bed of sand, a mortared in place.

A single block of this size costs from 18 40 cents around the West, and the remar ably low cost of this patio, for blocks on was 10 cents per square foot. Compare tl with the cost of brick (about 45 cents p square foot when a mortared joint is used), 12 by 12-inch concrete squares (40 to cents), and of 12 by 12-inch tile (70 cents).

The Lady Pepperell Legacy:

"Any bed, in any room, should be able to wear our beautifully designed calico."

There are some people who firmly believe that calico belongs only in a traditional setting, replete with plank floors and milkwhite washbasins. Lady Pepperell® disagrees. And with good reason. We've been designing sheets since the middle eighteen-hundreds. And we've found that what held true then, holds true now: the beauty of a Lady Pepperell pattern is in its design and details, not in its surroundings.

Because as you see here, both these rooms are as beautiful as they are different. Yet each one wears our Calico Lace. And each one's beauty is enhanced by it.

But there are some strictly modern aspects to our calico. Like the blending of the traditional calico floral and lace against rich dark grounds. Which gives Lady Pepperell's Calico Lace a real 1850 feel, and a refreshing 1974 look.

And today there's no need to iron our calico. It's half cotton, half Dacron® polyester. Matching towels are of 100% cotton.

Imagine for a moment your favorite bed fitted with our calico. You see, now, don't you, how truly timeless this traditional pattern has become?

Which is just another reason why Lady Pepperell's legacy goes on.

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Being around for 125 years isn't what makes us the finest.
Being the finest is what kept us around that long.

CHEVRON AT WORK: Reporting on-go

We started here, and now we're going deeper and farther out.

Here in the Gulf of Mexico off Louisiana, where Chevron discovered one of the first major off-shore fields 25 ago, efforts have been stepped up to find new reserves of both oil and natural gas.

Chevron crews are also drilling deeper and farther out than ever before, searching out new crude oil to be con to critically-needed gasoline and other fuels.

To expand domestic exploration and production development, Chevron has increased U.S. expenditures f purpose from $353 million in 1973 to an anticipated $420 million in 1974.

orts to help meet your energy needs.

: pumping new life into old wells.

hrough a process called "assisted recovery," old oil :an once again become valuable producers. And n has been actively applying this technique.

California's San Joaquin Valley, for example, Chevron steam into tired wells to heat the remaining crude hat it flows more readily, and to force it toward a ry well" where it is pumped to the surface. Other ed recovery" stimulants include carbon dioxide, natural gas—even compressed air.

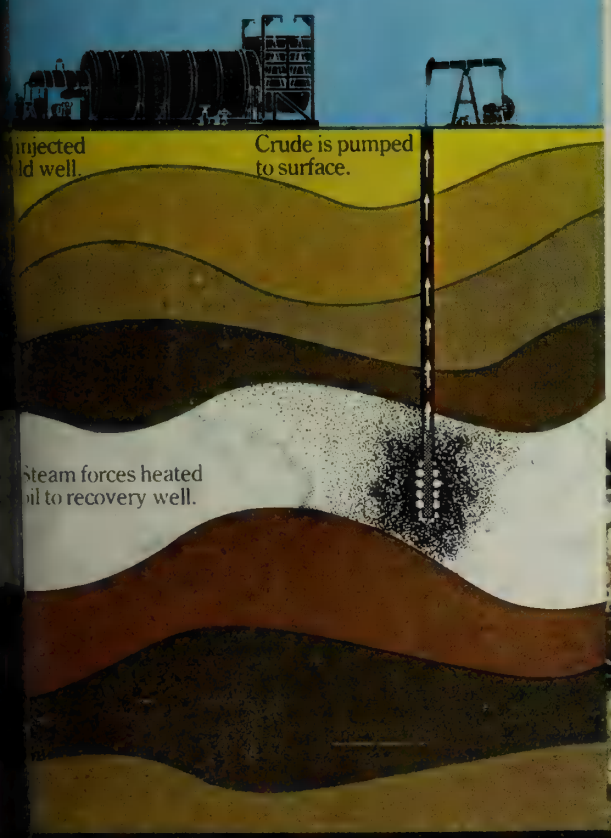
the next ten years, a substantial portion of the m products consumed by the public could come ude oil produced by assisted recovery methods.

We're increasing our U.S. refining capacity by more than 20 million gallons a day.

To help meet growing supply demands, a new $500 million expansion program has moved into high gear at Chevron refineries such as this one at Richmond, California.

Richmond's major contribution will be in providing more high octane gasoline with a lower lead content, and converting high-sulfur crude into low-sulfur fuel oils which meet environmental standards. Similar projects are underway in New Jersey, Mississippi and El Segundo, California.

Together, these projects will increase our output of gasoline and low-sulfur fuel oil, as well as jet, diesel and home heating fuels by more than 20 million gallons a day —an increase of nearly 50%.



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The beauty of a wood roof without the ugliness.

The beauty of a wood shake roof can't be denied.

But neither can the drawbacks.

A wood shingle has an ugly tendency to split, crack, and rot.

Even worse: Wood roofing burns and spreads fire.

The Woodlands fiber glass-asphalt roof gives you all the beauty of wood, but none of the drawbacks.

The secret is that a Woodlands roof is built with overlapping layers of asphalt-saturated fiber glass.

The three-dimensional overlays create long, dramatic shadows that give your roof the look of wood.

The fiber glass base and the asphalt team up to deliver tremendous roof life—and a Class A rating for fire.

That's the best fire rating Underwriters' Laboratories can give a roof.

Send me complete information (including color selection chart) about The Woodlands Roof.

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It's a terrific combination: The beauty of wood shingles. And the safety and value of a Class A roof.

Before you select a roof for any home, find out more about the enduring beauty of Woodlands.

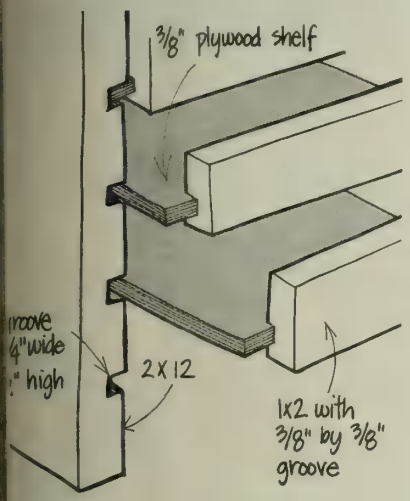
It's the finest fiber glass roof you can buy. The top of the line from the people who know the most about fiber glass-asphalt roofs: Johns-Manville.

JM

Johns-Manville

Slim drawers for anything flat

ıese tightly grouped slivers of drawers ıke the most of what was once wasted ıce under a stair landing. On the ɔad plywood sheets, the owners store t items such as art board, paper, chil-ɜn's drawings, fabric, and gift wrap.



And they can leave out a few drawers if it's necessary to accommodate bulkier things.

Dimensions could be modified to fit your needs. For these drawers in a cupboard, Design Format of Malibu, California, used 33½ by 48-inch sheets of ⅜-inch-thick plywood. This size is generous; with larger sheets, you run the risk of the plywood bowing over the years.

At the front edge of each drawer, a grooved 1 by 2 is glued and nailed to the plywood as a drawer pull and horizontal reinforcer. Another 1 by 2 attached to the back edge keeps stored items from slipping off.

The drawers slide on grooves cut in 48-inch-long 2 by 12's that are stacked side to side up the inside walls of the cupboard. If you don't have the shop equipment necessary to cut precise grooves, you could have the lumber or plywood sides dadoed at a cabinet shop that accepts piece work. Sand each track well and wax with clear candle wax. □

PAUL B. GERSTEN

Hard-to-store *flat items are neatly organized in these wide, shallow plywood drawers. Each pulls out smoothly on tracks cut 2¼ inches apart in 2 by 12's nailed up sides of cabinet*

FINALLY, FURNITURE YOU DECORATE WITH, NOT AROUND.

Finishing Touch furniture. Pick a single accent piece or one of our carefully coordinated groupings, and you're ready to add the finishing touch to your decor.

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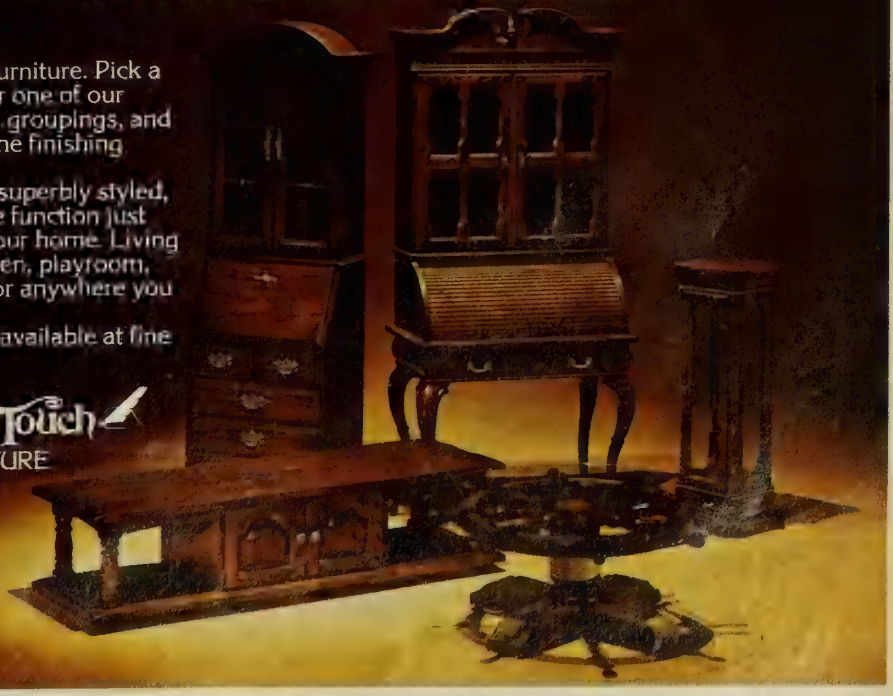
Finishing Touch FURNITURE



Write for free Brochures showing complete groupings of our Burnt Chimneys, Charter and Old Salt collections also names of dealers nearest you. Finishing Touch Division, Gravely Furniture Co., Inc., Dept. FT-20-4, Ridgeway, Virginia 24148

Before: *Old entrance had porch too small and exposed for practical use*

NORMAN A. P

After: *New entrance has more private side access. Shingles add texture and soften angular shape of living room addition*

Nature lover.

Ful-Stain was made for outside wood surfaces. Your house, fences, outdoor furniture. Easy-to-use Ful-Stain will help them to blend beautifully with nature in 912 richly pigmented shades. And that beauty will last, because Ful-Stain penetrates beneath the surface to help preserve and protect your wood.

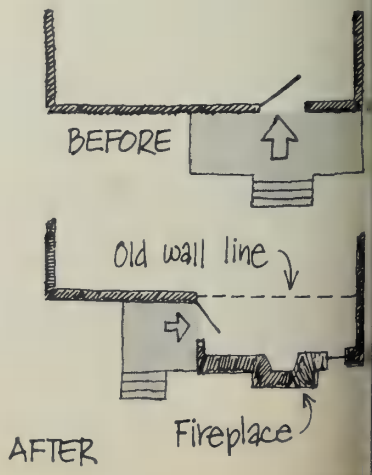
Buy Ful-Stain at the paint dealer where you see the sign of O'Brien, Fuller-O'Brien, or Duralite.

FULLER O'BRIEN® PAINTS

All they really did was enclose the old porch

A relatively inexpensive face lift (ab $2,000) on this little house in San Di not only improved its appearance, changed the house in three import ways: Living space was increased, a f place was added, and the front doorw was turned so it no longer swings o directly to the street.

Owner-designer Paul L. White, Jr., complished all this by raising the fl level of the old, 4-foot-wide porch extending the living room walls enclose it. He built new walls bef removing the old one, bolted the r ceiling joists alongside the old o then removed the old wall. He ad



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Imagine how surprised your family would be if you brightened up your next meal with the sweet Hawaiian flavor of Dole fresh pineapple. It's a snap to do.

To make that exotic looking hors d'oeuvre in the picture, for instance, simply cut the pineapple into quarters, trim off the core and separate the fruit from the shell. Then cut into bite size chunks and insert toothpicks.

And if you're worried about selecting a nice, ripe pineapple, that's a snap, too. Just look for the Dole label. Our pineapple is scientifically selected. Because we don't use guesswork when we pick them, you don't have to when you buy them.

Dole fresh pineapple: It's festive, delicious and easy to prepare. And that's the inside story on a real Hawaiian treat. Just remember...

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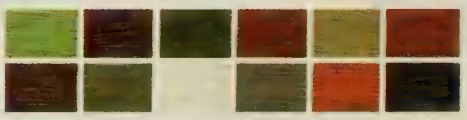
Lasts about twice as long as oil stain!

Woodsman keeps wood weather-worthy years longer than oil stains. Color stays true without fading. "Breather" type coat resists blistering, peeling, cracking. Hides like house paint, yet accents rustic charm of wood texture. Flows on latex-easy . . . dries to beautiful, forest-fresh finish in 30 minutes. For anything wood, rough cut or smooth, hire Woodsman . . . hefty help at a value price from your nearby True Value Hardware Store.



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True Value HARDWARE STORES

Tru-Test Paints are sold exclusively by participating True Value Hardware Stores who own their own paint factories. Look under "Paint—Tru-Test" in the classified phone directory.

Yellow Pages

NORMAN A. PLAT

Inside, *the thick front wall has set-in spac for storage; it also adds insulatio*

the prefab fireplace using the front step as a foundation.

The new living room wall is 1 foot thic with cubbyholes for storage and displa While this treatment reduced the poten tial floor space, it eliminated the nee for more pieces of furniture.

The Whites are especially proud of the addition because they did all the wor themselves.

Have you been remodeling?

A growing part of our mail from readers contains photographs and plans of house remodels. The letter often reads, "We looked around for a new house and ended up staying put and remodeling; it cost less"; or "We decided to move and found we could get more space and extras for the money by buying an older house and fixing it up."

The rising costs of moving, new housing, financing, labor, and buildable land, all have increased interest in remodeling.

If you have recently completed a remodeling project at your house, we would like to hear from you. The job can be as big as adding rooms or as small as building a new bookcase. Tell us if you did some or all of the work yourself.

Please enclose snapshots showing "before" and "after," sketches of the old and new plans, and any details or anecdotes to give us a feeling of what you've accomplished.

Send your packet to Remodel Editor, *Sunset Magazine,* Menlo Park, Calif. 94025. All photographs will be returned. □

Sour cream goes with potatoes even when the potatoes aren't baked.

We thought it might be a good idea to tell you some other things Knudsen Hampshire Sour Cream and Washington State Potatoes can do together.

For one, there's potato salad. For more, there's potato pancakes with sour cream. Mashed potatoes with sour cream instead of milk. Sour cream scalloped potatoes. Vichyssoise.

You get the idea.

So get the best. Washington State Potatoes. Knudsen Hampshire Sour Cream.

They go with each other. In more ways than one.

Potato Salad Supreme

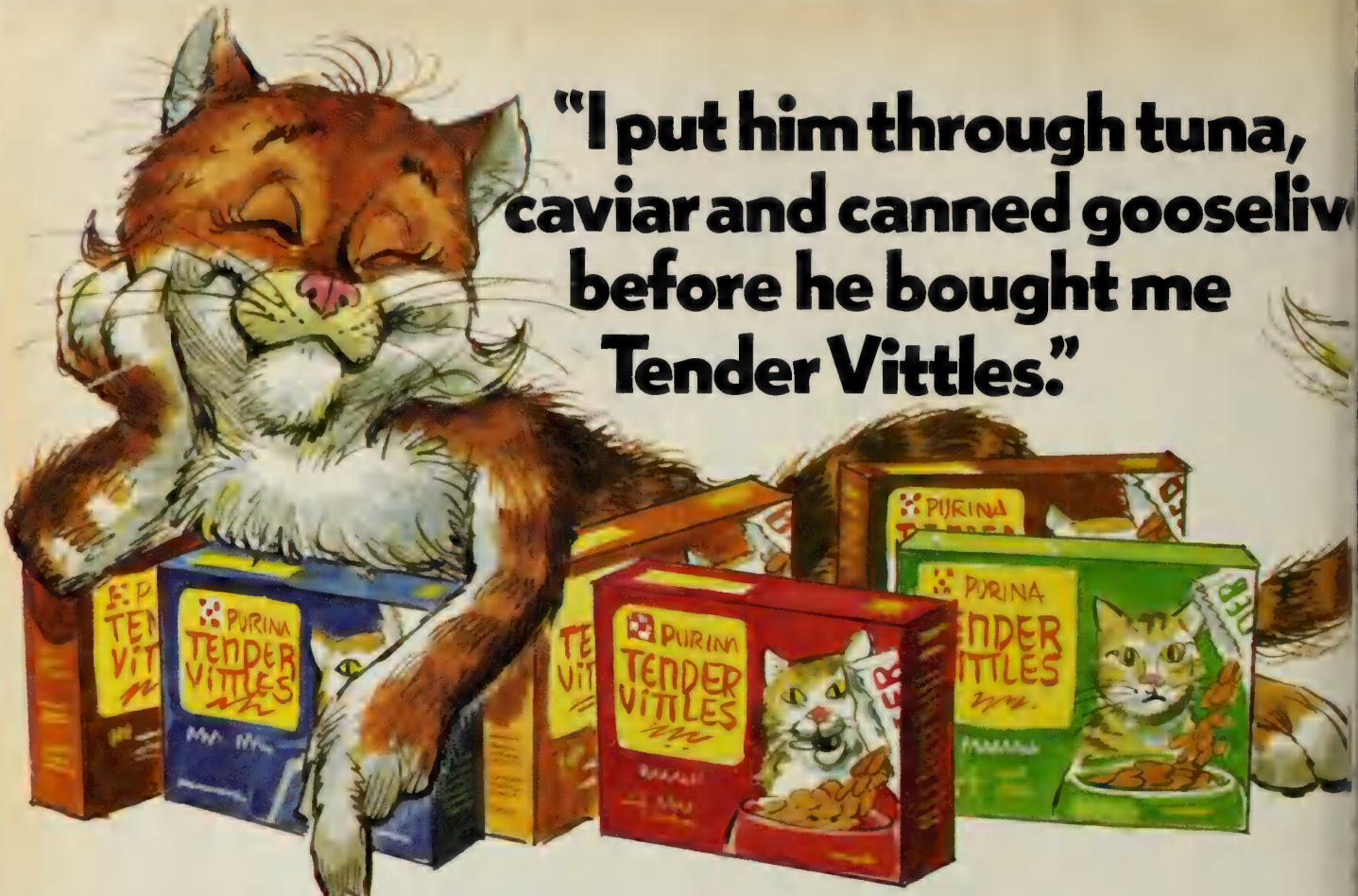
Salad: 2 lbs. Washington State Russet potatoes, ½ cup sweet pickle juice, ⅓ cup diced celery, ⅓ cup minced green onion, 2 tablespoons minced pimiento, 3 tablespoons minced sweet pickle, 2 tablespoons sliced ripe olives, well-drained, 3 hard-cooked eggs, chopped.

Dressing: ½ cup Knudsen Hampshire Sour Cream, ¼ cup mayonnaise, ½ teaspoon prepared mustard, ½ teaspoon white vinegar, 1½ teaspoons salt, ¼ teaspoon white pepper.

1. Cook potatoes in boiling salted water until fork tender; peel and cube into bowl; pour pickle juice over; marinate 1 hour.
2. Combine dressing ingredients; refrigerate.
3. Fold remaining salad ingredients and dressing into bowl; refrigerate until chilled.

Makes 6 cups or 6 to 7 servings.

"I put him through tuna, caviar and canned gooseliv before he bought me Tender Vittles."



"You should've seen him begging me to eat all those fancy foods.

"Then one day he brought home Tender Vittles.

"I tried to resist, but the taste was unbelievable.

"And he caught on.

"He gave me one of the six delicious flavors every day.

"Sure – for him it was easy. Open the foil pouch, pour out the moist Tender Vittles. And watch me eat. On top of that, it's 100% nutritious.

"Before Tender Vittles, I ran the place.

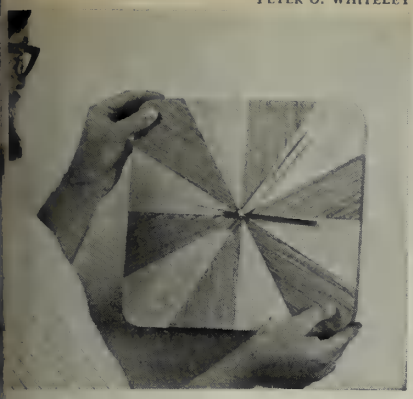
"Now... I just run for Tender Vittles."

Purina Tender Vittles®.

You'll both love it.

For your pet's health...see your veterinarian annually.

PETER O. WHITELEY



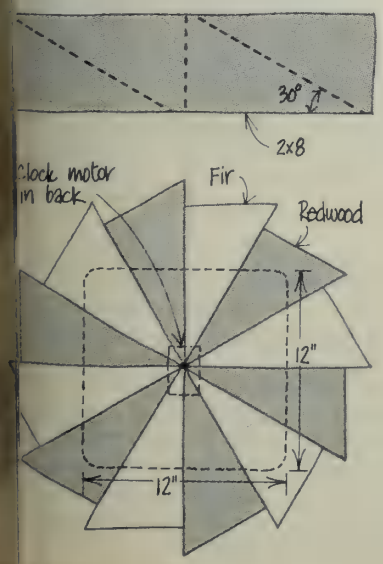
are shape *is one of many you cut from 12 assembled pieces*

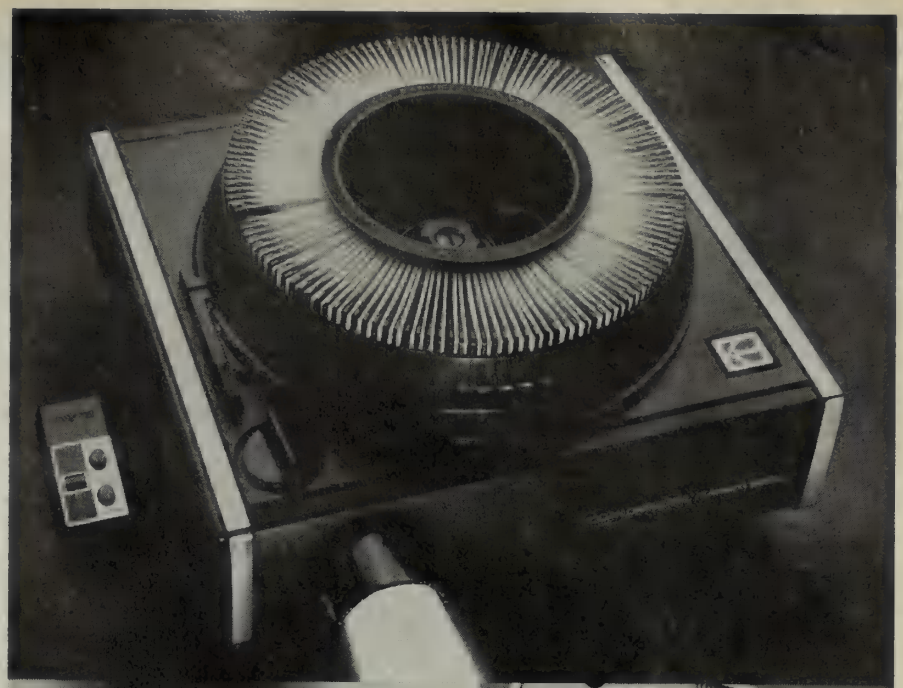
Twelve triangles make a clock

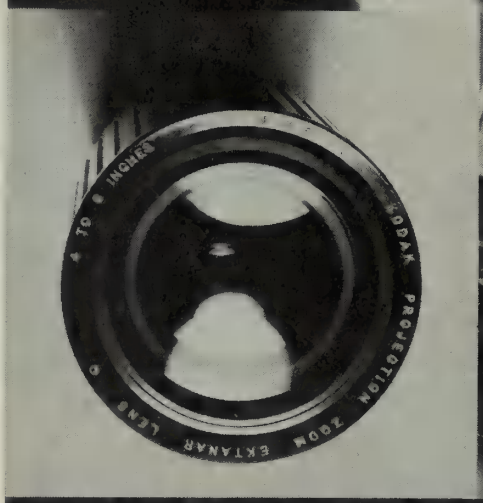
clock has 12 hours and a circle en- passes 360°, one hour must equal This ratio sets the pattern for the k pictured above.

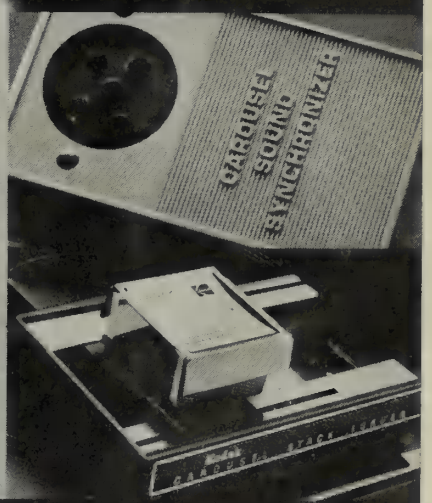
clock face is made of alternating wood and vertical-grain fir triangles with a radial arm saw. The triangles e cut from two three-foot lengths of 8's. Use a 30°-60°-90° triangle as a le and carefully align the radial arm at 30°. It is important to be accurate, an error of even one degree will be tiplied twelve times where triangles in the center.

the triangles and check their fit. l edges where necessary, then glue ther. Make sure one seam is at the ve o'clock position, then cut out the k face. A battery-driven clockwork ilable at many clock-repair shops) is tersunk in the back. Total cost of roject is about $25. □









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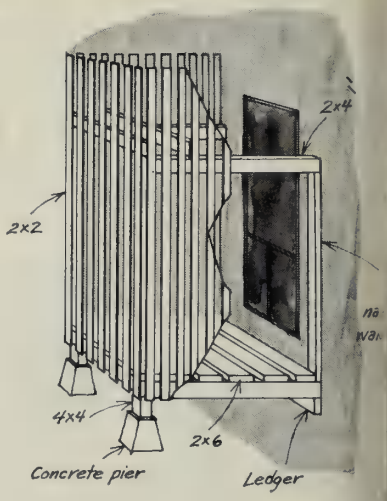
HARRIETT M. WATT

Potted plants *in window box thrive in filtered light, look pleasant, add to the privacy*

New window adds light and openness



By adding a window facing a narrow side yard, David Perce of Berkeley could let light into a dark bathroom. But there was still the problem of privacy. His solution was to build a wooden framework outside the new window and use the enclosure to display plants.

The boxlike 2-by-4 frame, nailed to the wall studs from the exterior, rests on concrete piers. Spaced 2 by 2's fastened to the framework let light filter in while maintaining adequate privacy. One overhead 2 by 4 resting on the frame holds hanging plants. A door opens from the side of the box to allow entry for watering and maintaining the plants.

To determine the best location for a window, check the location of elec wiring and the pipes that vent the and toilet. Usually the venting pipe up through the wall directly behin fixtures, in which case a horizontal dow above the vanity might be a l solution. Here the toilet vent and pipe were diverted to one side ar located so they run up through the behind the vanity.

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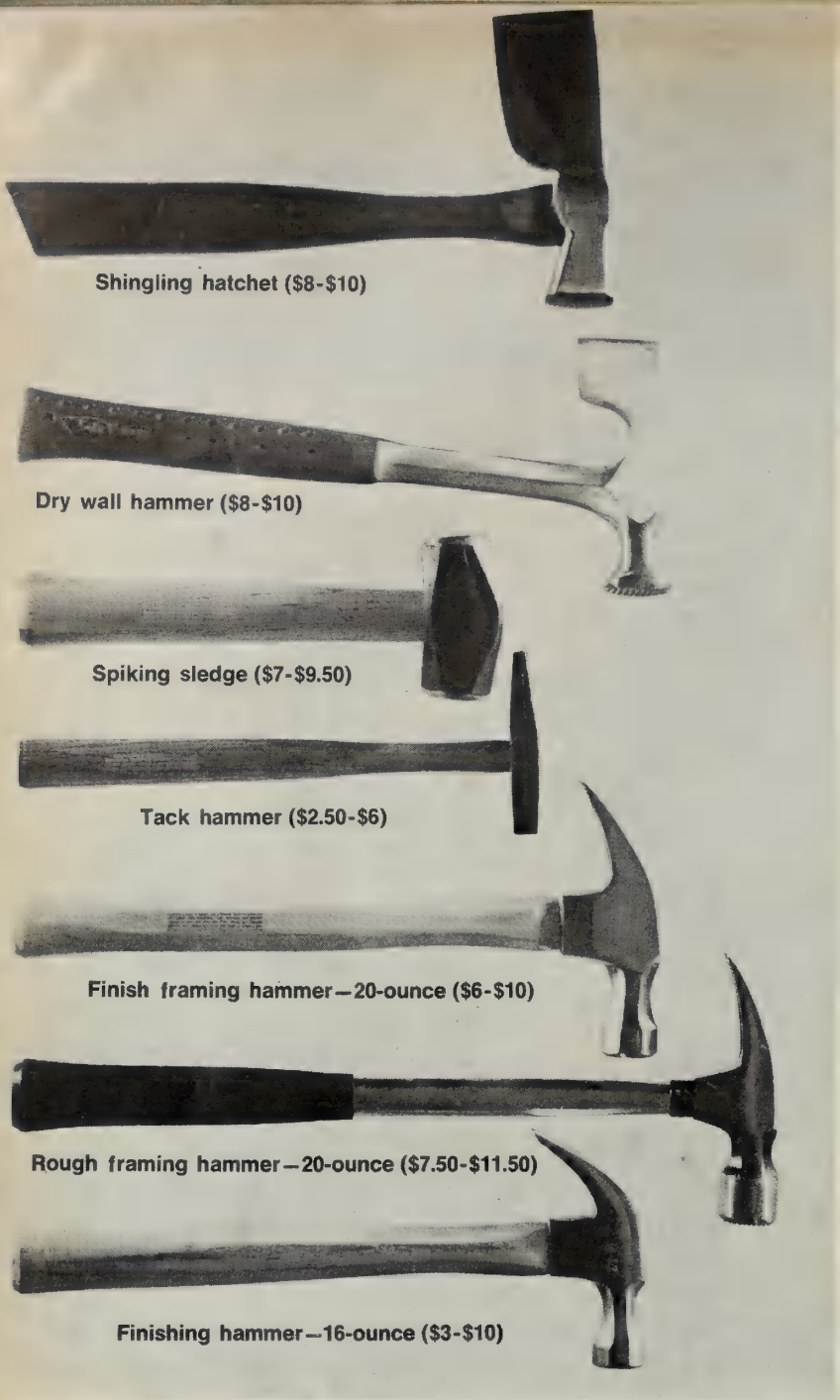
RAMADA



DARROW M. WATT

For driving nails *into wood: a choice of hammers, sledge, hatchets*

The right hammer can make the job go right

Some home construction and repair jobs never seem to turn out the way they should unless you use the special tool that the professional would use. In fact, for some projects it's advisable to buy the tool even if you never use it again.

This applies very much to hammers.

Next time you see one of the hammers pictured here you'll know what it does best. One might be just the right gift for someone you know—or for you.

Finishing hammer. Everyone should own this hammer for small jobs around the house. It's light enough (16 ounces is a good all-purpose weight) to use to install picture hooks and do many jobs involving nails up to 8-penny size.

The curved claw will give you a m mum swinging arc when you're work in tight spaces, such as inside a cabi It will also supply good nail-pul leverage. When the nail is str squarely, the hammer's smooth stri face leaves little if any surface blemi

Rough framing hammer. When d large projects involving rough fram you need this one. Its extra 4 ounce weight and longer handle help you d large (8 to 16-penny) nails easily. It se nails home fast and will keep your from tiring as it would from the m strokes that are necessary with a lig shorter hammer.

But the large strokes can decrease accuracy. To compensate, the stri head has a checkered face that sup added surface friction between the head and hammer face to reduce possibility of glancing blows and fl nails. The mesh head leaves a mark rough work is usually covered.

In rough framing, a piece of lumb often notched to make room for p and wires. The framing hamm straight claw serves as a ripping too tearing out these sections. It can als as an extension of your arm in li wood once you're above the ground

Finish framing hammer. This hy combines the functions of the r framing and finishing hammers. It's g for nailing on exterior plywood and cia boards, and for building garden niture and structures, when nails la than 8-penny are used. Its smooth helps you avoid leaving blemishes. shown at left with a straight claw a curved claw is often preferable if do more nail pulling than ripping.

Tack hammer. You can forget a sore fingers: The magnetic head h the tack for the first taps. Use the c end of the head to drive it home.

Spiking sledge. It's just right for dri spikes (nails of 3-inch length or lon through large timbers; for hitting chisels, star drills, or garden stakes; for driving masonry and other hard nails. Short and heavy, this hammer mits heavy blows with a limited sw The head is forged from high-test ca steel, heat treated to prevent su chipping and cracking.

Dry wall hammer. Its design will some of the soreness out of your when you nail gypsum board overh The hammer is lightweight and its is canted to help avoid awkward sw ing positions. Use the blade to trim outs such as around electrical outlets indent for pulling nails.

Shingling hatchet. No other tool substitute for it when you're nailin shingles or shakes. The face is be

Your homemade bread is so great. Should the glasses be spotty?

Get the Cascade look... virtually spotless.

Look—even clean water lets spots form.

You did it! Your bread came out just as beautifully as you had hoped. But what about your glasses? You don't want spots at a time like this.

The spotty glass shows how plain water alone can leave dulling spots. So it's good to know that Cascade's sheeting action fights drops that spot... gives your guests glasses with the Cascade look!

Cascade fights drops that spot...

But Cascade in your dishwasher gets dishes virtually spotless.

A big freezer—6.94 cubic feet. That kind of capacity can mean fewer trips to the store. And the freezer is frost free and has two removable shelves.

Three Easy Release™ ice trays and an ice storage bucket. Equipped for optional automatic ice maker (available at extra cost).

13.85 cubic foot no-frost Fresh Food Section has porcelain-enamel-on-steel cabinet liners plus Trilon inner door liners for easy cleaning and wear resistance.

Door stops on both do prevent damage to yo walls or cabinets.

A Power Saver Switch lets you save electricity and lowers your cost of operation.

Large, covered dairy compartment keeps food flavors out.

Two full-width and two half-width adjustable shelves. And a Trilon meat keeper attaches to any of them.

Adjustable Easy-Store door shelves offer storc flexibility. And they are large enough to hold half-gallon milk containers and family-size juice cans.

Separate slide-out crispers help keep fruits and vegetables fresh. Trilon crispers for durability and easy cleaning.

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Rolls out on wheels for cleaning convenience.

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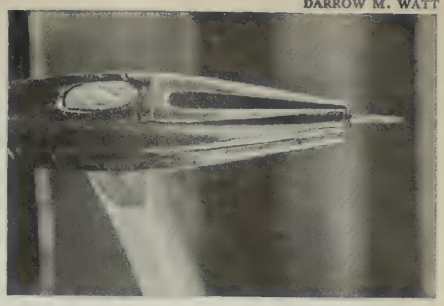


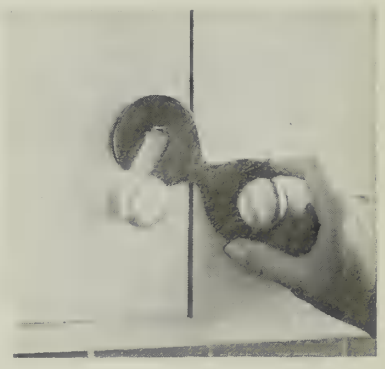
Magnetic head *holds tiny tack on starting blow*

(and checkered) so an accidentally angled blow on the last stroke won't send a sharp edge into the shingle or shake and split it. Its oversize face allows rapid, repetitive blows with little chance of missing. The cutting blade allows on-the-spot trimming and splitting when working around a roof opening.

Handle material is tubular steel, solid steel, fiberglass, or hickory. Carpenters and roofers have various preferences, but most votes seem to go to wood because it has more shock absorption. Its disadvantage is lower durability.

The long handle of a framing hammer is easily broken if wood; tubular steel is preferred for durability and lightness. But if the metal shank strikes a nail and is indented, it may eventually break.

In order of most to least shock absorption, wood rates top, then tubular steel, solid steel, fiberglass. For most to least durability: solid steel, fiberglass, tubular steel (if used properly), wood. □



A quake latch

An earthquake latch for your kitchen cupboards can help keep glassware, canned goods, and other items from spilling out during a tremor. Ray and Louise DeTournay of Woodland Hills, California, designed this latch of ¼-inch hardwood to slip over one knob when doors are closed or swing away for easy access. □

Split-level seating on seven sides of the octagon

Bleacher seats ring this circular de provide comfortable seating for early evening fire watching

Come out on the deck, gather round the fire bowl

Boats go underneath on their own deck

hering around the fire is easy on this gonal deck that radiates from a large bowl. The structure was designed in levels to supplement the narrow, ied decks around a vacation house eet away. The top side can accom- ate several dozen guests. The bot- floor is for sheltered boat storage.

ching out from the wooded shore of s Island, largest of Washington's Juans, the deck is a marvelous e to catch the warmth of the late noon sun. As the evening cools, the endering cauldron can hold a crack- fire of beach logs, and by simply ng a grate you can transform it into nt hibachi.

stair-step benches that ring the octagon on seven of its sides are comfortable bleachers for lounging. Or the highest bench can be used as a tabletop (see the picture at right).

The deck is 20 feet in diameter. It's supported by nine cedar driftwood posts that were collected locally. The posts are set on concrete pads that were poured on the site. Sixteen fir 2 by 10's radiate from the center post beneath both floors and support the 2 by 6 cedar deck planking. The benches are made of three 2 by 6's set side by side and supported by fir 2 by 4's. Both deck and bench planks are mitered at 22½° angles. Cedar 2 by 10 fascia boards trim the outer rim of both decks.

From benchtop to beach, the structure is 12 feet tall with 6 feet between levels. An asbestos board insulates the deck from the heat of the fire. The round-bottomed cauldron sits securely balanced on a ring of bricks.

The deck was designed by sculptor Mowry Baden of Vancouver, B.C., for owner Carlyn Wehle. □

GLENN CHRISTIANSEN

Top bench *can become spacious dinner table, facing the view across West Sound*

Lower level *provides a covered deck for boat storage. Support columns sit above high tide mark*

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DON NORI

Lazy Susans *on shelves b counter make dishes easier to r*

A pair of Susan hard at work

Two not-so-lazy Susans (they're h working turntables) below a ser counter make everyday dishes and g ware reachable from both the kit and breakfast room in this new h near Bellingham, Washington.

The counter separating the info eating space from the working kit is low enough to let a person in kitchen enjoy the full view to the v and lots of outdoor light. The lad the house prefers her dishes stored because lifting a stack of plates t upper shelf can be heavy work. She enjoys the convenience of having storage close to the dishwasher and as well as the table.

The lazy Susans are stock items, inches in diameter, designed to be on existing shelves and secured 4-inch center bolts. They're mad pressed wood fiber banded with al num, and their mechanism carries considerable weight of the dishes v out dragging. The silverware dr above is designed to pull out on ei the kitchen or breakfast room side.

The kitchen woodwork is natural b with counter tops of orange-col plastic laminate. Both kitchen and br fast room are carpeted in black, br and white nylon polyester in a s herd's plaid pattern. Architects Hobbs Fukui Associates, for Mr. Mrs. Fred C. Klingback.

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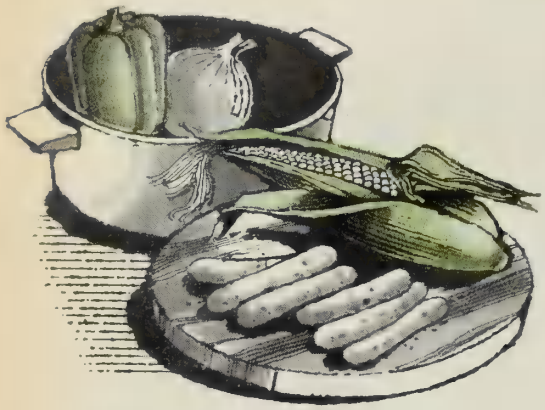
Sunset's Kitchen Cabinet®

When vacationing at home or in camp, the cook can relax with the family if dinner is planned around one hearty dish such as corn chowder with sausage, melon-chicken salad, or an omelet pancake with beef.

Another way to be carefree at supp time is to cook in advance. W homemade tartar sauce in the chest, you'll be ready for fres caught fish in camp. Or you can the same sauce to dress a seaf



Fresh vegetables, pork sausage links make a flavorful family supper soup

Sausage-Corn Chowder

In camp you can make the chowder with canned corn.

- 4 large ears corn on the cob, or 1 can (1 lb.) whole kernel corn
- 1 pound pork sausage links
- 1 medium-sized onion, chopped
- 1 medium-sized red bell or green pepper, seeded and chopped
- 1 large potato, peeled and diced
- 1 cup *each* water and milk
- 1 can (10¾ oz.) condensed cream of celery soup
- 1 can (2¼ oz.) sliced ripe olives, drained
- ¼ teaspoon ground cumin seed
- Salt and pepper

Husk corn and cut corn off the cob leaving the tough kernel bases attached to the cob; you should have about 2 cups.

In a 3 to 4-quart kettle over medi heat brown the sausages on all sic lift out, cut into bite-sized pieces, a set aside. Discard all but 2 tal spoons of the drippings; add on and cook, stirring, until ligh browned. Stir in red pepper, pota water, and corn; cover and simr until potatoes are tender wh pierced, about 10 minutes. Comb the milk and soup; stir into corn m ture with the olives, cumin, sausa and salt and pepper to taste. He stirring often, until piping hot. Ma 2 quarts.—*J. F., Lake Oswego, C*

Pass a bowl of this colorful sauce to spoon over hot broiled fish steaks

Red and Green Tartar Sauce

A generous amount of chopped raw vegetables gives a pleasing crunch to this creamy sauce.

- 1½ cups mayonnaise
- 1 medium-sized green pepper, seeded and finely chopped
- 1 small onion, finely chopped
- 1 jar (2 oz.) sliced pimientos, drained and chopped
- 1 teaspoon lemon juice
- ½ teaspoon salt
- ½ teaspoon seasoned pepper
- 1 tablespoon finely chopped dill pickle
- 2 tablespoons minced parsley
- ⅛ teaspoon liquid hot pepper seasoning

In a bowl beat the mayonnaise with a fork until smooth. Then stir in the green pepper, onion, pimiento, len juice, salt, pepper, pickle, parsley, hot pepper seasoning; blend w Cover and refrigerate for at leas hours. Stir well just before serv Makes about 3 cups.—*S. G., Sa Ana, Calif.*

This sauce keeps well in the refrig tor for as long as 4 weeks. Serv with hot barbecued or broiled steaks or fillets, or cold poached f Or you can combine it (as you wo mayonnaise) with canned tuna salmon to use as a sandwich fill or for a salad mixture to stuff large ripe tomatoes.

Cut omelet pancake into wedges, then spoon hot spicy beef sauce over top

Beef-topped Omelet Pancake

Here's a quick entrée to satisfy hearty appetites at home or in camp.

- 1 envelope potato pancake mix (amount for 10 to 12 small pancakes)
- ½ teaspoon *each* basil and oregano leaves
- ½ cup water
- 6 eggs
- 1 pound lean ground beef
- 1 small onion, chopped
- 1 can (6 oz.) tomato paste
- ½ cup sweet pickle relish
- Salt and pepper
- 3 tablespoons butter or margarine
- ⅓ cup grated Parmesan cheese

Combine pancake mix, basil, oregano, and water. Add eggs one at a time; beat well after each. Set asid Crumble meat into a pan medium heat; cook until brow then add onion and cook until li Discard fat; add tomato paste, rel and salt and pepper to taste; keep Melt butter in a 10-inch frying over medium heat; pour in panc mixture and cook, lifting up wit spatula as it sets, so uncooked por flows to the bottom. When n liquid has set, sprinkle with che cover, and set aside for 5 minu Cut into 6 wedges and evenly sp hot meat mixture over each. Se 6.—*E. B., Beaverton, Ore.*

lad at home. And for dessert ere's a chocolate refrigerator torte.) share your own original recipes th us, mail contributions to *Sunset agazine,* Menlo Park, Calif. 94025. e pay $10 for each recipe published.

Here's help in planning summer meals around one hearty dish

elon-Chicken Salad

dressing flavored with peanut tter, curry, and soy gives this salad ar Eastern flavor.

- 2 medium-sized cantaloupes
- 2 to 3 cups cold cooked chicken, cut in bite-sized pieces
- ¼ cup *each* thinly sliced celery and green onions
- ¼ cup seeded and diced red or green bell pepper
- Curry-peanut dressing (recipe follows)
- ¼ cup chopped salted peanuts
- Crisp romaine leaves

t cantaloupes in half and scoop out ds. Cut out melon with a melon l cutter leaving about ¼ inch of flesh next to the skin. Set melon balls and hollow shells aside to drain. Mix chicken, celery, onion, and red pepper; stir in melon balls and curry-peanut dressing. Cover and chill.

To serve, spoon mixture evenly into melon shells; top each with nuts and put on lettuce-lined plates. Serves 4. —*H. N., San Francisco.*

Curry-peanut dressing. In a blender combine ⅓ cup *each* peanut butter, mayonnaise, and sour cream; 2 tablespoons lime juice; 1 clove garlic; 1 teaspoon curry powder; and ¼ teaspoon *each* ground ginger and soy sauce. Whirl until smooth. Add salt and pepper to taste.

Use melon shells to serve chicken and cantaloupe mixture; top with peanuts

cchini Bake

s colorful casserole goes well with sted or barbecued beef or lamb.

- About 1¼ pounds zucchini
- 4 eggs
- ¼ cup regular all-purpose flour
- ½ cup grated Parmesan cheese
- ¼ teaspoons salt
- 3 tablespoons chopped parsley
- 3 tablespoons thinly sliced green onion
- 1 clove garlic, minced or mashed
- ¾ teaspoon oregano leaves
- ¼ teaspoon pepper
- About 18 cherry tomatoes, halved

ove stem and blossom ends from chini; rinse well, then shred or ly chop (you should have 4 cups). s out as much moisture from zucchini as possible with towels.

In a mixer bowl beat the eggs, then beat in the flour, about half of the cheese, salt, parsley, onion, garlic, oregano, and pepper. Stir in the zucchini and turn mixture into a greased, shallow 1½-quart baking dish. Arrange the halved tomatoes, cut side up, on top; press lightly into the zucchini mixture. Sprinkle the remaining Parmesan cheese evenly over top. Bake, uncovered, in a 350° oven for 30 minutes, or until zucchini mixture is set in center when lightly touched. Makes about 6 servings.—*E. S., El Cerrito, Calif.*

Arrange cherry tomato halves on top of the zucchini mixture before baking

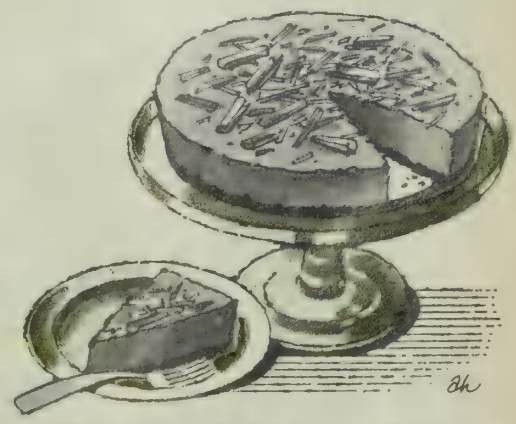
colate Peppermint Torte

a rich dessert, but our taste testers ounced it "worth the calories."

- Chocolate crumb crust (recipe follows)
- ½ cup soft butter or margarine
- ¼ cup sugar
- 3 ounces unsweetened chocolate, melted
- 1 teaspoon vanilla
- ¼ teaspoon peppermint flavoring
- 3 eggs
- ½ cup heavy cream, whipped
- Grated unsweetened chocolate or chocolate curls

are crust and set aside. In a mixer beat butter until creamy; grad- add sugar and beat until light fluffy, then beat in chocolate, vanilla, and peppermint flavoring. Add eggs, one at a time, beating for 3 minutes after each addition. Fold in the whipped cream, then spoon into the crumb crust. Sprinkle generously with grated chocolate. Cover lightly and chill at least 4 hours or overnight. Remove rim before serving. Serves 10 to 12.—*D. A., Goleta, Calif.*

Chocolate crumb crust. Stir together 1 cup chocolate wafer crumbs and 2 tablespoons melted butter. Lightly press into the bottom of a 9-inch cake pan with a removable bottom. Bake in a 350° oven for 7 minutes or until toasted. Cool. □



Top smooth, cool torte with chocolate curls for a special-occasion dessert

Satay

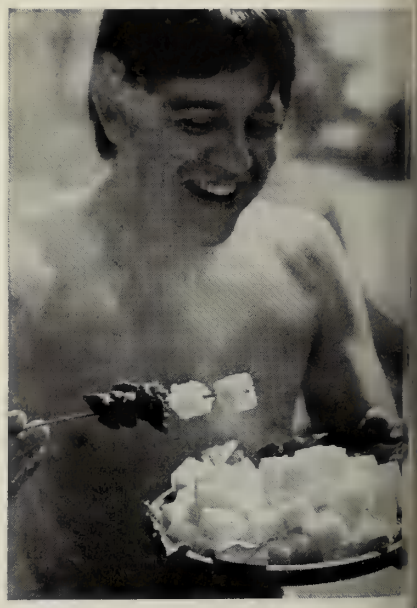
Singapore's streetside snack is meat-on-a-stick. You can build an outdoor party around it

In Singapore, *junior "satay man" barbecues skewered meat at cafe*

DARROW M. WATT

Served on delicate china in Southe Asia's finest restaurants or from a ba boo splinter at a sidewalk vend movable stall, *satay* (sah-tay) is the official national dish of Malaysia, Sin pore, and Indonesia.

One reason for its vast popularity i region of habitual snackers is that y eat just as many, or as few, satay as y want. Bite-sized chunks of be chicken, lamb, or pork are marinat skewered on bamboo, and barbecu over a charcoal fire. The skewer d bles as the cooking tool and eating ut sil—you use it to dip hot meat into



In California, *satay is the featured entrée at an outdoor party. Cucumber salad, rice cubes, peanut sauce, and tropical fruit complete the menu. Guest above is adding rice cubes from a leaf-lined plate to cooked meat on a stick*

y hot peanut sauce.

n to eat you pull the meat from the ver with your teeth, a bite at a time. the same skewer to spear cold, ked rice, pressed into bite-sized es, and cool slices of seasoned cu- ber; then dip them in the sauce too.

a recent trip through Malaysia and apore, *Sunset* editors sampled a ety of satay. Simplified preparation a traditional manner of serving are basis for this outdoor barbecue party can stage at home. Marinate meat, are peanut sauce, and cook rice the before. On the day of the party e the cucumber salad. Then let your ts do their cooking on the barbecue.

flavorful secret of successful satay e spicy, mildly sweet peanut sauce. recipe here, based on the Singa- version, required only slight modi- ion to utilize spices and ingredients ily available in the West. Look for coconut milk in the frozen food sec- of your market or check Oriental ery stores.

ompany satay with a fruit wine ch, beer, or iced tea. For dessert an assortment of tropical fruits as banana, mango, orange, papaya, pineapple. Provide a knife for cut- the fruit.

apore Satay

'll need 3 to 4 pounds lean boneless t. Choose from beef (sirloin or top d), lamb (shoulder or leg), or ken (breast or thigh); use one kind neat or a mixture. Cut meat into about ¾-inch cubes, keeping different kinds separate.

Stir together 2 tablespoons curry powder, ½ cup *each* salad oil and soy sauce, 4 cloves garlic (minced or mashed), and 2 tablespoons sugar. Pour over meat cubes (if you use more than one kind of meat, put each in a plastic bag, put bags together in a bowl, and pour marinade in each one). Marinate in refrigerator at least 4 hours or up to 2 days.

String meat on long sturdy bamboo skewers (use only one kind of meat on each skewer) and arrange on a platter. Grill meat about 2 inches above a solid bed of medium-hot coals for about 8 to 10 minutes, turning frequently, until meat is browned and done to your liking. Serve with peanut sauce (recipe follows). Makes 6 to 8 servings.

Peanut Sauce (*Kuah Satay*)

Whirl 1 cup salted Virginia peanuts in a blender until finely ground; remove from blender and set aside.

Purée 1 large onion (cut in chunks), 2 cloves garlic, and 4 to 5 small, dried hot chile peppers in blender until smooth. Pour 2 tablespoons salad oil into a frying pan and place over medium heat. Add onion mixture, 2 teaspoons ground coriander, 1 teaspoon ground cumin; cook, stirring occasionally, for 5 minutes. Reduce heat to low and add ground peanuts, then gradually stir in 1 can (12 oz.) thawed frozen coconut milk, 3 tablespoons brown sugar, 2 tablespoons *each* lemon juice and soy sauce. Cook, uncovered, just below simmering (do not boil), stirring occasionally, until sauce thickens, about 15 minutes.

Serve warm or at room temperature in wide, shallow, rimmed dishes; use 2 or 3 dishes for serving convenience. If made a day ahead, cool, cover, and chill; to serve stir over low heat, just until warmed through. Makes 2½ cups.

Pressed Rice Cubes (*Ketupat*)

In a saucepan combine 1½ cups short grain rice (such as pearl) and 2½ cups water. Bring to a boil, cover, and simmer 25 minutes or just until water is absorbed. Turn hot rice into a 9-inch square pan and with the back of a metal spoon or wide spatula (rinse with water to prevent sticking) press rice down very firmly to form an even layer. Cool thoroughly. If you're doing this a day ahead, cover and chill.

Run a knife around edge of pan and turn rice out onto a board. Cut in 1-inch squares, rinsing knife frequently. Arrange on platter. Serve at room temperature. Makes 6 to 8 servings.

Marinated Cucumber and Onion Salad (*Mentemun dan Bawang*)

Cut 3 medium-sized cucumbers in half lengthwise, then cut into crosswise slices about ¼ inch thick. Also cut 2 small red onions in half lengthwise, then in ¼-inch-thick crosswise slices. Stir together 4 tablespoons *each* sugar and white wine vinegar and ½ teaspoon salt; add cucumber and onion and mix gently together. Cover and chill up to 2 hours before serving. Makes 6 to 8 servings. □

Roll meat, *rice, and cucumber in spicy sweet-hot peanut sauce to coat, as at left, then nibble meat or slide it off the skewer to eat*

Camp cooking for a crowd ... here is menu help

Camp cooks who contributed ideas for the expedition-scale outings that begin on page 64 emphasized that variety is a must to keep everyone happy.

The menus presented in the article aim to meet this need. You can follow them exactly or use the recipes below as a guide for setting up your own.

To simplify planning and shopping, many cooks duplicate part of one week's menus a second week. Some sound advice: Test new recipes at home first and make any adjustments before setting out.

Each recipe is based on eight servings. However, directions are also included for preparing the recipes in multiples up to a maximum of 48 servings, making use of 10 to 12-quart kettles, 4 to 5-gallon canning kettles, or 11 by 17-inch metal roasting pans (2½ inches deep).

Breakfasts

Generally a hearty hot protein-dish is preferred, but for those who like a light meal, bring dry or instant hot cereals and granola-type cereals.

Chinese Almond Omelet

In camp for 8 servings, drain 1 can (6 oz.) sliced mushroms, thinly slice 1½ cups celery, and cut 4 ounces cooked ham in thin strips (about 1 cup). Also lightly beat together 1 dozen eggs, 2 tablespoons instant minced onion, 2 teaspoons soy sauce, and ½ teaspoon ground ginger.

In a wok or 12-inch frying pan, melt 2 tablespoons butter or margarine. Add mushrooms, celery, and ham; cook, stirring, until hot. Pour in eggs and scramble by lifting mixture to let uncooked egg flow to pan bottom. Sprinkle with ⅓ cup slivered almonds and serve; pass additional soy sauce.

(To double recipe, use an 11 by 17-inch roasting pan; use 3 pans or cook in sequence to make 48 servings.)

Eggs Benedict in Camp

For 8 servings (2 portions each), combine at home in a double plastic bag 2 envelopes (about ⅞ oz. *each*) hollandaise sauce mix and 10 tablespoons low-fat milk powder.

In camp, add 2 cups water to sauce mix bag and squeeze to mix. Melt 1 cup butter or margarine and stir in sauce mix; bring to a boil, then simmer, stirring, for 1 minute; keep warm. Also split 8 English muffins and toast on a grill or pan-fry in butter or margarine until nicely browned. Place in a pan and set, uncovered, over simmering water. Or use 16 Holland rusks.

In an 11 by 17-inch roasting pan immerse 16 eggs in 1½ inches boiling water for 8 seconds; lift out and set aside (this heat-set method keeps eggs from sticking together when poached). Bring water back to simmering. Break eggs into water, placing side by side; cook at just under boiling 2½ to 4 minutes for soft yolks, longer for firm.

Top each muffin half or rusk with 1 or 2 thin slices of cold cooked ham (you'll need about 1 lb.). Lift eggs from water with a slotted spoon and set 1 on each muffin. Top with sauce and dried chives.

(Prepare up to 2 dozen eggs at once in an 11 by 17-inch roasting pan; use 3 or 4 roasting pans or cook in sequence to prepare up to 48 servings.)

Chilaquiles with Refried Beans

In camp for 8 servings, open 2 cans (1 lb. *each*) refried beans; warm on grill over low heat or in pan of hot water.

Heat 3 tablespoons salad oil in a 12-inch frying pan. Beat just to blend 1 dozen eggs, 2 tablespoons instant minced onions, and about ½ can (4-oz. size) canned chopped California green chiles.

Pour egg mixture into pan, lower heat, and cook, stirring with a wide spatula, until eggs are partially set. Sprinkle in 2 cups (about 8 oz.) shredded or diced jack or Cheddar cheese (or some of each) and continue cooking just until cheese melts. Slightly crush 1 package (about 6 oz.) tortilla chips and sprinkle over eggs. Serve with red taco sauce, remaining chiles, and hot refried beans.

(To double recipe, use an 11 by 17-inch roasting pan; use 3 pans or cook in sequence to make 48 servings.)

Cheese Fondue

You can buy packaged fondue mix (each 14-oz. package or 2⅓-oz. envelope makes 2 servings); prepare as package directs. Or make your favorite cheese fondue from scratch, allowing ½ cup per serving.

In camp, prepare fondue and keep warm over low heat or set in a pan of simmering water.

For every 8 servings, cut 2 cans (12 oz. *each*) pork luncheon meat into cubes; heat until hot (in the cans over low heat or in a frying pan). You'll also nee package (4½ oz.) breadsticks. E person spears meat with a fork to di fondue, and dunks in breadsticks.

(Prepare additional quantities as quired, in separate containers for ea self-service for each group of 8.)

Crunchy Hot Cereal

For every 8 servings, combine at ho in a double plastic bag 1½ cups ro oats (quick-cooking or regular), 1 multi-grain cereal such as Roman n or Wheatena, 2 cups raisins, and teaspoons salt. In another plastic b combine 2 cups instant low-fat n powder, and ½ cup *each* wheat g and dry-roasted sunflower seeds.

In camp, bring 6 cups water to boi in a 6 to 8-quart kettle and gradu stir in contents of first bag. Simn uncovered, about 5 minutes; stir of Remove from heat and stir in remair ingredients; mix well and serve.

(Make up to 3 times this quantity i 10 to 12-quart kettle; use 2 kettles make a total of 48 servings.)

Super Scramble

In camp for 8 servings, you'll n about 3 cups *each* assorted cheeses cooked meats, cut into cubes. Use leftovers from previous meals.

In a 12-inch frying pan, prepare 2 bo (5½ oz. *each*) hash brown potatoes v onions as directed on package, ad water and butter or margarine but o ting the salt. Add 2 tablespoons *e* red and green bell pepper flakes toasted instant minced onion. W potatoes are nicely browned, stir in meat and cheese until meat is hot cheese is melted. Sprinkle generou with dried parsley flakes.

(To double recipe, use an 11 by 17-i roasting pan; use 3 pans or cook in quence to make 48 servings.)

Dinners

To give the cook time to get the n together, appease appetites with sna such as cheese and crackers, nuts, fr raw vegetables with a prepared dip. a sipping soup made from a mix.

Chicken Noodles Almondine

In camp for 8 servings, prepare in a 8-quart kettle 2 packages (6 or 7½ *each*) noodles almondine as directed package for the saucepan meth When you add the sauce mix, stir i can (6 oz.) drained sliced mushroo 1½ cups thinly sliced celery, and 1 (2 oz.) drained sliced pimiento.

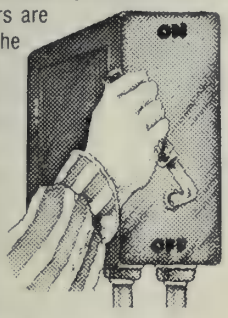
When sauce is thickened, stir in 4 c (5 oz. *each*) boned cooked chicken turkey and heat through. Top with monds from mix, and dried par flakes.

(Make up to 3 times the recipe in a

Put these tips and some spare fuses near your fuse box.

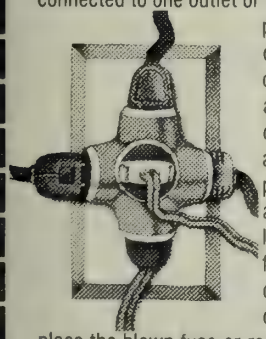
With a flashlight, they may help should your lights go out.

Be Prepared. Know where your fuse boxes or circuit breakers are located. Locate the main switch box—usually near the spot where the PG&E electric service wires connect to your house, or near your PG&E electric meter. Locate any additional box or boxes—usually in a closet or utility room. Keep spare fuses handy.



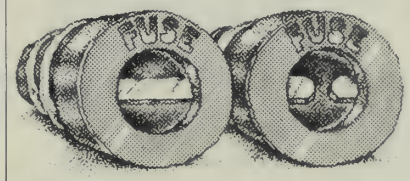
Check the Neighbors. If your lights should go out, check to see if other homes in your neighborhood have lights. If the power is off in your home only, you may have a blown fuse or tripped circuit breaker.

Determine the Cause. Blown fuses or tripped circuit breakers are often caused by having too many lamps or appliances connected to one outlet or circuit. Another possibility is a defective cord on a lamp or appliance. To check, unplug all lamps or appliances on the affected circuit, looking for defective plugs or cords while doing so. Replace the blown fuse or re-set the tripped circuit, following the procedures given below. Then plug each lamp or appliance back in. A defective one will cause the fuse to blow, or circuit breaker to trip, again.



To Replace a Fuse. First turn the main switch to "OFF." Make sure that your hands are dry and that you are standing on a dry surface. Look for the "blown" fuse; the "window" may be blackened, or

GOOD FUSE BLOWN FUSE

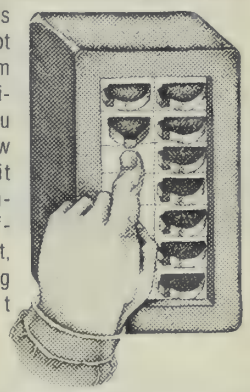


there may be a visible gap in the fuse element. Replace the blown fuse with one of the proper amperage rating, usually one of not more than 15-20 amps. (Your electrician can tell you.) Never use a penny or other metal object to "bridge" the blown fuse, as this could cause a house fire. Turn the main switch to "ON." If only part of the lights in the house come on, this may indicate that a fuse in a secondary fuse box has also blown. Check these fuses in the same way you checked the fuses at the main switch. Be sure the main switch is "OFF" while you are changing fuses.

Cartridge Fuses. You won't be able to visually tell exactly which cartridge fuse is blown. In this case, test by replacing each

fuse with a new one until you find the blown fuse. A tripped circuit breaker will probably be out of the "ON" position.

To Reset a Circuit Breaker. Move the affected circuit breaker handle all the way to the "OFF" position (for some circuit breakers, a moderate pressure in the "OFF" direction is necessary to cause them to reset). Then, move the handle to the "ON" position. If the affected circuit breaker does not indicate that it has tripped (its handle has not moved from the "ON" position), and you do not know which circuit breaker controls the affected circuit, try resetting all circuit breakers.



Some Added Safety Tips. Never plug in radios near bathtubs or basins. Never wash coffee pots or frying pans while they

are still plugged in. Make sure that electric tools are properly grounded (with a 3-prong plug), or are of the U.L. approved "double-insulated" type. When you unplug an appliance, pull the plug—not the cord.

Still in the Dark? If you've followed all of these procedures and you're still in the dark, don't hesitate to call PG&E. We'll be happy to help.

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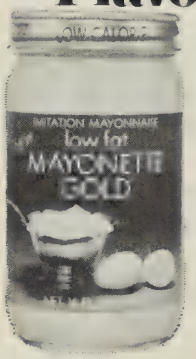

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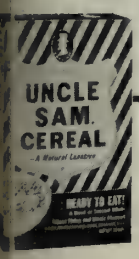

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"Out of little dishes and jars on the day you clean the refrigerator"

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Of course no one would think of serving this or anything like it to company . . . except the *Chefs*. Rex Nath makes up a similar repast that he calls Chinese Tin Can Alley.

What follows is a mixture of Mr. Nath's own opus with a couple of ingredients from a successful Labor Day picnic last year, but there's no reason you can't be creative. Add some curry for Bengal Tin Can Alley or switch soup to canned chile and you have Tostada Tin Can Alley. Any one of them seems particularly good after a summer's day when the sun rose at four in the morning with murder on its mind.

Nath's Chinese Tin Can Alley

- 1 cup long grain rice
- 1 can (10¾ oz.) condensed cream of chicken soup
- ¼ cup milk
- 3 cans (5 oz. *each*) boned chicken, or 2 cups cold cooked chicken
- ½ cup sliced almonds
- ½ cup flaked coconut
- 1 can (3 oz.) chow mein noodles
- ½ cup chopped celery
- ½ cup thinly sliced green onion
- 1 can (8 oz.) crushed pineapple, drained

Cook the rice according to package directions. Blend together the soup and milk and place over medium heat until piping hot, stirring occasionally. Turn the rice and soup into separate bowls. Meanwhile cut the chicken into l sized pieces. Toast the almonds and conut in separate baking pans in a 3 oven until golden, about 8 minutes; several times. Then arrange the chic almonds, coconut, noodles, celery, on and pineapple each in its own s serving bowl.

To serve, arrange the bowls on a b table or pass them at the table. E person builds his own meal starting rice, then chicken, noodles, soup, r coconut, celery, onion, and pineap Makes about 4 servings.

Rex Na
Pasadena, Cali

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Lindsay. A nice town. A great olive.

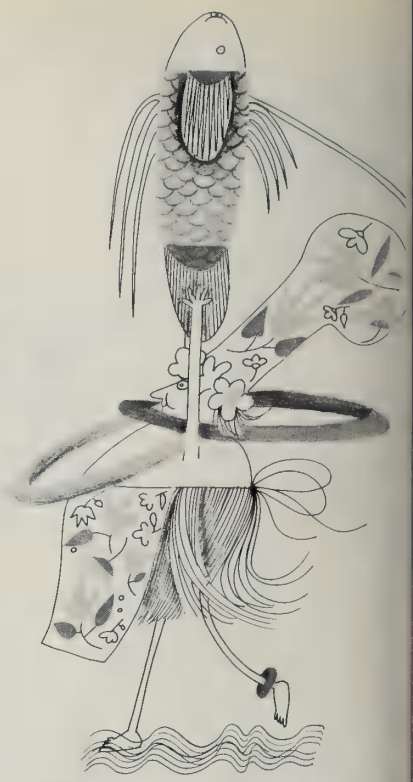
which he won the battle of Agincourt from Leo Genn, but there were sundry other events of a trying nature such as the Black Death and the murder of a couple of English kings. A well-known historian recently stated that we are all suffering through the worst period since the Hundred Years' War.

Chef Deal Crooker of Honolulu often feels the same way when he looks around town at all the new buildings. His solution is similar: "Fortunately, I am a fisherman, and 10 miles out in the Molokai Channel one is still able to sense the real Hawaii," he says, and goes on to present his recipe for the mahimahi that he catches. The HBGFC of the title refers to the Hawaii Big Game Fishing Club of which *Chef* Crooker is president.

Mahimahi à la HBGFC

- 2 pounds mahimahi fillets, thawed if frozen
- ¼ cup butter or margarine
- ¼ cup all-purpose flour
- ½ cup milk
- ½ cup light cream
- 1 cup coconut milk
- ¼ cup dry white wine
- Salt and pepper
- 1 jar (3½ oz.) salted macadamia nuts, finely chopped
- Chopped parsley
- Lemon wedges

Rinse fish and pat dry. Arrange the fillets in a single layer in a greased baking dish about 8 by 12 inches. In a saucepan over medium heat, melt the butter, stir in the flour, and cook until bubbly; then gradually add the milk, cream, coconut milk, and wine, stirring constantly. Season with salt and pepper, and continue to cook, stirring, until thickened. Pour sauce over fish; top with nuts. Bake, uncovered, a 350° oven for 25 minutes, or until f flakes readily. Garnish with parsley a lemon. Makes 6 servings.



"Fortunately, I am a fisherman . . ."

Deal Crooker

Honolulu

A great many people recoil from t idea of eating brains. This is sad, sir the stuff is tasty and good for you. that as it may, most cooks disgu brains if they serve them at all, a Clifton J. Oldham has a good disguise

Brains-and-Ham Hash

- ½ pound beef brains
- Salted water
- ¼ pound cooked ham with a little fat, diced
- Butter or margarine
- ⅓ cup minced green onions
- 4 eggs, slightly beaten
- Salt and pepper

Cover brains with salted water; let so 30 minutes, then peel off membrane, a coarsely chop brains. In a frying p over medium heat cook ham until fat rendered. Add butter if necessary make 2 tablespoons total drippings. A brains and cook 10 minutes, or ur firm; stir occasionally. Then add gre onions. Pour in eggs and cook until ju set, lifting cooked portions to allow l uid to run underneath. Season with s and pepper to taste. Serves 4.

Clifton J. Oldham

Carson City, Nev.

aren't your most tasteful possessions made with considerable care?

The carpet shown is BRIDAL SUITE offering 23 subtle tone-on-tone colors in an unusually plump luxury nylon. For name of nearest dealer write 2600 Ventura Ave., Fresno, California 93717.

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the beautiful way to be practical

It's a dinner side dish.
It's part of breakfast.
It's dessert.
It's delicious.

It's Stouffer's Escalloped Apples.

And if you're tired of the same old vegetables, it's just what you need for a refreshing new taste at dinner.

Or, try its tart, fresh, sugar-glazed flavor on morning waffles or pancakes. And as a delectable dessert, alone or with ice cream.

We make 12 scrumptiously different Side Dishes. And, of all of them, our Escalloped Apples is probably the most versatile.

Be a little daring and try it.

We know what you'll say when you do.

Mmmmmmm.

Something different.
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SePePemba

call joanne for a fling in paradise

During the month of September the Maui Eldorado, Maui's most luxurious vacation resort, is offering a 25% discount on daily rates on all of our elegant suites, complete with kitchens and maid service.

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Regular Rates		Sept. Rates
Studio	$28	$21
1 BR	$44	$33
2 BR	$72	$54

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Crisp, *fragrant fresh basil leaves, tomato, and onion are natural complements; use them in soup or pasta*

DARROW M. W

Any reason to get basil and tomatoes together is a good one

Nothing accents the sweet ripeness of a tomato better than the pungent flavor of fresh basil. While both are at their best, you might serve one of these dishes.

The soup is a smooth blend of plump ripe tomatoes, onion, and carrot, delicately perfumed with basil leaves. Pastina, a tiny soup pasta, adds texture.

In the Italian manner, whole fresh basil leaves are strewn throughout the robust tomato sauce and green noodles in the second recipe.

Fresh Tomato Soup with Basil

- 3 tablespoons butter or margarine
- 1 large onion, sliced
- 1 carrot, shredded
- 4 large ripe tomatoes, peeled, seeded, and coarsely chopped (about 4 cups)
- ½ cup packed fresh basil leaves
- 1 teaspoon salt
- ¾ teaspoon sugar
- ⅛ teaspoon white pepper
- 1 can (14 oz.) regular-strength chicken broth
- 1 tablespoon tiny soup pasta (pastina)

In a 3-quart saucepan, melt butter over medium heat; add onion and carrot and sauté until onion is limp. Stir in the tomatoes, basil, salt, sugar, and pepper. Over medium-high heat, bring mixture to boiling, stirring to prevent sticking; reduce heat, cover, and simmer for 10 minutes. Whirl soup, a portion at a time if necessary, in a blender until smooth; set aside.

Over high heat bring the chicken broth to boiling. Add the soup pasta, reduce heat to medium, and cook until tender, about 7 minutes. Stir the tomato mixture into the chicken broth until smooth, then heat to bring to serving temperature; do not boil. Makes 4 servings.—*C. S., P Alto, Calif.*

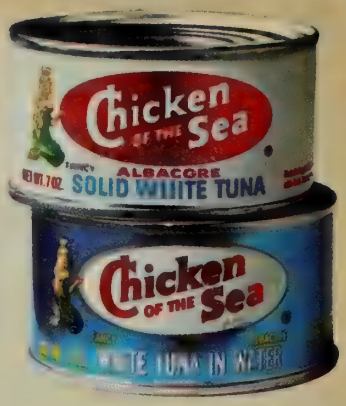
Green Noodles with Basil and Tomat
(Fettucine Verde Con Basilico)

- 3 tablespoons olive oil or salad oil
- 1 large onion, thinly sliced and separated into rings
- ¼ pound mushrooms, sliced
- 2 cloves garlic, minced or mashed
- 4 large ripe tomatoes, peeled and coarsely chopped (about 5 cups)
- ¼ cup chopped parsley
- ⅛ teaspoon *each* marjoram leaves and pepper
- 1 teaspoon salt
- ½ teaspoon sugar
- 1 cup fresh basil leaves, lightly packed
- ⅓ cup dry white wine
- 1 package (8 oz.) spinach-flavored noodles
- Boiling salted water
- 2 tablespoons soft butter or margarine
- Freshly grated Parmesan cheese

In a large frying pan, heat the olive over medium-high heat; add the oni mushrooms, and garlic and cook, s ring, until liquid has evaporated. A the tomatoes, parsley, marjoram, p per, salt, sugar, about ½ cup of basil, and the wine. Bring to boili then reduce heat, cover, and simmer 30 minutes. Uncover and cook rapic stirring, until sauce is reduced to abou cups, about 20 minutes; keep warm.

Cook the spinach-flavored noodles boiling salted water according to pa age directions. Drain well. In a shall serving bowl, mix noodles lightly w the butter, remaining ½ cup basil, a about 1 cup of the sauce. Top with maining sauce. Accompany with Parmesan to sprinkle over servir Makes 4 to 6 first-course servings.

Tuna and Avocado, simply beautiful.©



Prime-fillet tuna from Chicken of the Sea nestled in a cool, golden green California avocado half-shell. Exactly! The fussy chefs at Chicken of the Sea® suggest you go all the way with their fancy white tuna. When its subtle taste is introduced to the smooth, nutlike flavor of the avocado, only good can come of it.

And it's as simple as it is beautiful. Chill the tuna and prepare both the California avocado and tuna as shown. Then drizzle with this vinaigrette dressing:

6 Tbsp. salad oil
2 Tbsp. vinegar
Dill weed to taste
Seasoned salt to taste
Freshly ground white pepper

CHICKEN OF THE SEA TUNA

LOVE FOOD FROM CALIFORNIA

DARROW M. WA

Handsome presentation *from the barbecue—smoked pork chops, whole carrots, grilled pineapple spears—goes with onions in sauce, combining the flavors of popular Chinese sweet and sour*

AUGUST MENUS

A smoked pork chop dinner, a "pick up on the way" picnic, a brunch for guests

Late summer is time to be outdoors and active, so for August we offer simple, quick menus.

For summer entertaining, there's a barbecue dinner to serve indoors or out. Most of the meal cooks on the grill.

The weather mandates picnics—so if you're headed for a ball game, a park, or only as far as your own backyard, the second menu is flexible enough to serve from a tailgate or table. You can prepare all the foods, or buy most of them ready to go at the store.

If you have house guests this month, you'll particularly appreciate the brevity of the last menu. The puffy egg and cheese entrée goes together quickly and the result is impressive.

Company Barbecue Dinner

Smoked pork chops, carrots, and pin apple all cook together quickly in th guest-worthy barbecue dinner. Tl sweet-sour baste that glazes the mea fruit, and vegetables is also served as sauce to spoon over individual portion

Mixed Green Salad
Barbecued Smoked Pork Chops
Glazed Carrots Glazed Pineapple Spea
Sweet and Sour Sauce
Hot Cooked Rice
Lime Sherbet

Cook the carrots just until tender i water or in a microwave oven; this ca be done a day ahead (cool, cover, an chill carrots). You can also cut the pin apple ahead, reserving the shell as a cor tainer for the sherbet if you wish. Th rest of the meal can be assembled easil while the fire is being ignited. For th

Maybe a pastrami on rye is so delicious because we still cure our Pickles the old-fashioned way.

Something from my kitchen

by Elizabeth Cluett Allen

Country living is easy living, and maybe that's what we all need today, some easy living. My folks love to put on old clothes and have a picnic in the back yard. Cold soups, salads, fingerfoods. Easy living.

This new recipe for barbecue sauce is the best I've tasted in ages. It calls for 3 tablespoons Crosse & Blackwell® Worcestershire Sauce. Of course, if you already have worcestershire on hand, you're not going to rush out and buy Crosse & Blackwell. But next time you need a bottle, do get Crosse & Blackwell. It has lots of zip and character. Yes, there actually is a better worcestershire.

Country Barbecue

In small saucepan, melt 1 T. butter; add 1 large onion, finely chopped and sauté until lightly browned. Stir in ¾ cup ketchup, ¾ cup water, 3 T. Crosse & Blackwell® Worcestershire Sauce, 1 T. vinegar, 1 t. chili powder and 1 t. salt; heat thoroughly. For great barbecued chicken marinate 1 3-lb. chicken, cut-up, in sauce, covered, in refrigerator several hours or overnight. Baste occasionally with sauce while cooking.

Makes 2 cups sauce

With summer at hand, let's remember that there's a whole range of soups that are made for warm weather dining. The name-Crosse & Blackwell® summer soups. They're superb without heating.

There are six of them, ranging from Vichysoisse to the jelled-types. How my grandmother would have enjoyed them — their convenience, and their cool, calm elegance.

CROSSE & BLACKWELL

DARROW M.

For summer *picnicking—a crunchy vegetable salad, homemade seeded breadsticks, barbecued chicken, and fruit*

salad mix a selection of crisp greens with your favorite dressing.

Barbecued Smoked Pork Chop Dinner

- ½ cup *each* sugar and wine vinegar
- 2 teaspoons *each* soy sauce and Sherry
- ¼ cup catsup
- Sweet and sour sauce (recipe below)
- 6 smoked pork chops (about 3 lbs.), cut 1 inch thick
- 12 cooked whole small carrots
- 1 large (about 5 lbs.) pineapple, peeled and cut in spears about 1 inch thick

Stir together the sugar, vinegar, soy, Sherry, and catsup; reserve ½ cup for sweet and sour sauce and use remaining as a barbecue baste.

Place pork chops, carrots, and pineapple on a grill about 4 inches above a bed of medium-hot coals. Cook, turning frequently and baste until meat, carrots, and pineapple are browned and hot, 10 minutes. Serve with sweet and sour sauce to spoon over. Makes 6 servings.

Sweet and sour sauce. Gradually stir ⅔ cup regular-strength chicken broth into 1 tablespoon cornstarch until blended; stir in reserved barbecue baste mixture.

Heat 1 tablespoon salad oil in a frying pan over high heat. Add 1 clove garlic (minced or mashed) and 1 large onion (thinly sliced). Cook, stirring constantly, until onion is limp. Add cornstarch mixture and cook, stirring, until thickened.

Picnic for Tailgate or Table

Whether you've planned your picnic in advance, or spontaneously decided to go, you can offer this menu; the foods can be made ahead or gathered on very short notice. It's a double family meal, accommodating 8 to 10.

Crunchy Vegetable Salad
Barbecued Chicken
Crusty Seeded Breadsticks
Ginger Crisps
Summer Fruit

The breadsticks, salad, and cookies be prepared ahead—or you can sesame-seeded breadsticks, the s dressing, and ginger cookies. T along 2 or 3 barbecued or roa broiler-fryer chickens, grilled at hom purchased at the supermarket rotiss

Crunchy Vegetable Salad

Combine 2½ cups thinly sliced radis 4½ cups thinly sliced celery, ½ po sliced mushrooms, and 2 thinly sl green onions (tops included). Cover chill if made ahead.

Up to an hour before serving add (6 oz.) marinated artichoke hearts cluding marinade) or homemade Ita style dressing (recipe follows) or ¾ bottled Italian-style dressing. Mix d ing and vegetables together. Makes 10 servings.—*M. G., Orange, Cali*

Homemade Italian-style Dressing. ½ cup olive oil or salad oil, ¼ white wine vinegar, 1 teaspoon *each* and sugar, ½ teaspoon *each* basil oregano leaves, 2 cloves garlic (mi or mashed). Cover; chill if made ah

Crusty Seeded Breadsticks

Slice the top and bottom halves of 8 dog buns lengthwise into thirds. B the cut rolls on all sides with melted ter or margarine (you'll need abo cup). Sprinkle all sides with sesame or poppy seed (you'll need abou cup). Place slightly apart on ba sheets. Bake in a 350° oven abou minutes or until golden and crisp. S

To refresh 2 salad favorites, start fresh with Real Mayonnaise.

Hearty Potato Salad

Thank goodness for Best Foods.®

Add a fresh touch to coleslaw and potato salad with Best Foods Real Mayonnaise. No other mayonnaise freshens up salads better than Best Foods, the really fresh Real Mayonnaise.

BASIC POTATO SALAD

3/4 cup finely chopped onion
1/4 cup lemon juice
1 tablespoon salt
1/2 teaspoon dry mustard
1/4 teaspoon pepper
4 pounds potatoes, boiled in jackets, peeled and cubed
1 1/2 cups chopped celery
1/2 cup chopped green pepper
2 cups BEST FOODS® Real Mayonnaise

Stir together first 5 ingredients. Toss with hot potatoes to coat evenly. Cover and refrigerate about 1 hour. Stir in remaining ingredients. Chill. Makes 10 cups.

Hearty Potato Salad: To basic recipe add 2 cups cooked, cubed ham and 1 cup cubed Cheddar cheese.

Confetti Potato Salad: To basic recipe add 1 cup each chopped zucchini, cucumber, radish and carrot.

BASIC COLESLAW

4 cups shredded red or green cabbage
1/4 cup chopped green pepper
1/4 cup chopped onion
1/2 cup BEST FOODS Real Mayonnaise
1/2 teaspoon fennel seed
1/2 teaspoon salt
1/8 teaspoon pepper

Toss together all ingredients. Before serving, stir in 1 cup chopped tomato or apple, if desired. Makes 4 cups.

Coleslaw Hawaiian: Follow basic recipe omitting green pepper and fennel. Reduce onion to 2 tablespoons and salt to 1/4 teaspoon. Add 1 cup shredded carrot, 1/2 cup pineapple chunks and 1/2 teaspoon caraway seed. Garnish with nuts.

Oriental Coleslaw: Follow basic recipe omitting fennel. Reduce cabbage to 3 cups and Real Mayonnaise to 1/3 cup. Add 1 can (7 oz) tuna, drained or 1 cup diced cooked chicken, 1 cup bean sprouts, 1 tablespoon soy sauce and 1/8 teaspoon ground ginger

Best Foods. ■ Division of CPC International Inc. cpc

Coleslaw Hawaiian

BRING OUT THE BEST FOODS AND BRING OUT THE BEST

Banana Breeze

A luscious, creamy, no-cook filling in a crunchy, no-bake crumb crust. Convenience ingredients cut your time and work. Almost as easy as peeling a banana. Here's how:

No-Bake Crust

1/3 cup regular margarine or butter
1/4 cup sugar
1/2 teaspoon cinnamon (optional)
1 cup Kellogg's® Corn Flake Crumbs

Melt margarine, sugar and cinnamon in small saucepan.

Place over low heat, stir constantly until bubbles form around edges of pan; remove from heat.

Add Corn Flake Crumbs; mix well.

Press mixture evenly in 9-inch pie pan to form crust. Chill.

No-Cook Filling

1 package (8 ounces) cream cheese, softened
1 can Eagle® Brand Sweetened Condensed Milk(not evaporated milk)*
1/3 cup bottled lemon juice (measure accurately)
1 teaspoon vanilla extract
5 medium size ripe Dole® bananas
2 tablespoons bottled lemon juice

*Magnolia® or Dime® Brands may be used

Beat the cream cheese until light and fluffy.

Add sweetened condensed milk. Blend thoroughly.

Add 1/3 cup lemon juice and vanilla and stir 'til thickened.

Slice three of the bananas; line crust with banana slices.

Turn filling into crust. Refrigerate 2 to 3 hours, or 'til firm. (Do not freeze.)

Slice the other two bananas and dip in remaining lemon juice. Garnish top of pie with banana slices as shown.

Yield: 8 servings.

hot or cooled. If made ahead, cool and store airtight up to 3 days. Makes 48 breadsticks.—*L. D., Azusa, Calif.*

Ginger Crisps

½ cup *each* butter or margarine and shortening
1 cup sugar
½ cup light molasses
3 cups regular all-purpose flour, unsifted
1 teaspoon *each* soda, ground ginger, and ground cinnamon
½ teaspoon ground cloves
1 cup shredded coconut, finely chopped
½ cup finely chopped candied ginger

Blend smoothly together butter, shortening, sugar, and molasses. Add flour, soda, ground ginger, cinnamon, cloves; mix well. Then stir in coconut and candied ginger until thoroughly blended. Form dough into rolls about 1½ inches thick. Wrap in waxed paper and chill until firm, at least 4 hours or overnight. With a thin, sharp knife cut off ¼-inch-thick slices and place about an inch apart on lightly greased baking sheets. Bake in a 350° oven for 10 minutes or until edges are lightly browned. Remove cookies to a wire rack to cool. Store airtight, up to 2 weeks. Makes about 7 dozen.—*H. N., San Francisco.*

Guest Brunch

This brunch menu, which uses ingredients usually on hand, is well suited to the occasion when expected—or unexpected—visitors arrive.

Egg and Cheese Puff
Sausage Patties
Tomato Wedges
Crusty Rolls Butter
Orange Juice

The golden egg puff, crusty on the outside, moist on the inside, bakes with the sausage in the same oven. While they cook, prepare the juice and tomatoes.

Egg and Cheese Puff

With a rotary mixer beat 4 eggs until blended. Gradually add 4 tablespoons all-purpose flour, beating until smooth. Stir in 1 cup milk, 1 cup shredded Swiss or grated Parmesan cheese, 1 tablespoon melted butter or margarine, ¼ teaspoon *each* salt and pepper, and 2 tablespoons chopped chives; beat until blended. Pour into a buttered 9-inch pie pan. Bake in a 425° oven 25 minutes or until edges are puffy and brown and center appears set when pan is gently shaken. Serve immediately; puff settles as it cools. Cut in wedges to serve. Makes 6 servings.—*F. S. N., San Francisco.*

Baked Sausage Patties

Form 1½ pounds bulk pork sausage into 6 patties 3½ inches wide. Place on a rack in a broiler pan. Bake in a 425° oven 25 minutes or until no longer pink in the center. Makes 6 servings. □

General Electric Ranges with P-7® self-cleaning ovens are made for people who love to cook, but hate to clean.

, at heart, you're a real cook, but a very patient cleaning woman, feast your eyes on these GE Ranges. They make cooking a joy and cleaning a cinch.

Like GE's self-cleaning P-7 Ovens. Set the controls to "Clean" and the ovens automatically clean themselves completely. Top, bottom, sides, racks. Even nooks and crannies you couldn't get to if you had to do it yourself. All that's left is maybe a little ash. Yet all that cleaning only costs about 10¢. A lot less than a can of oven cleaner.

Sparkling P-7 Ovens. You'll like the way they make your kitchen look—and feel. Because they're so well insulated, more heat stays in the oven when baking, helping the kitchen stay cooler.

Each of these ranges comes with a P-7 Oven. (There are lots more P-7 Oven Ranges in almost every size.) And each comes with Calrod® Surface Units, for even heat all over the bottom of your pans. Now all you do when you decide to replace your range is choose which of these other features you want, too.

The eye-level oven

Why bend over to see what's doing? Model J785 has an eye-level oven with a shiny picture window. When it's time to clean it, just put the removable panels in the P-7 Oven down below.

The wall oven Model JK19R

The eye-level oven Model J785

The wall oven

If you're looking for a new oven only, how about GE Model JK19R? To help you cook good things, it has a rotisserie and automatic meat thermometer, and, of course, the oven is self-cleaning.

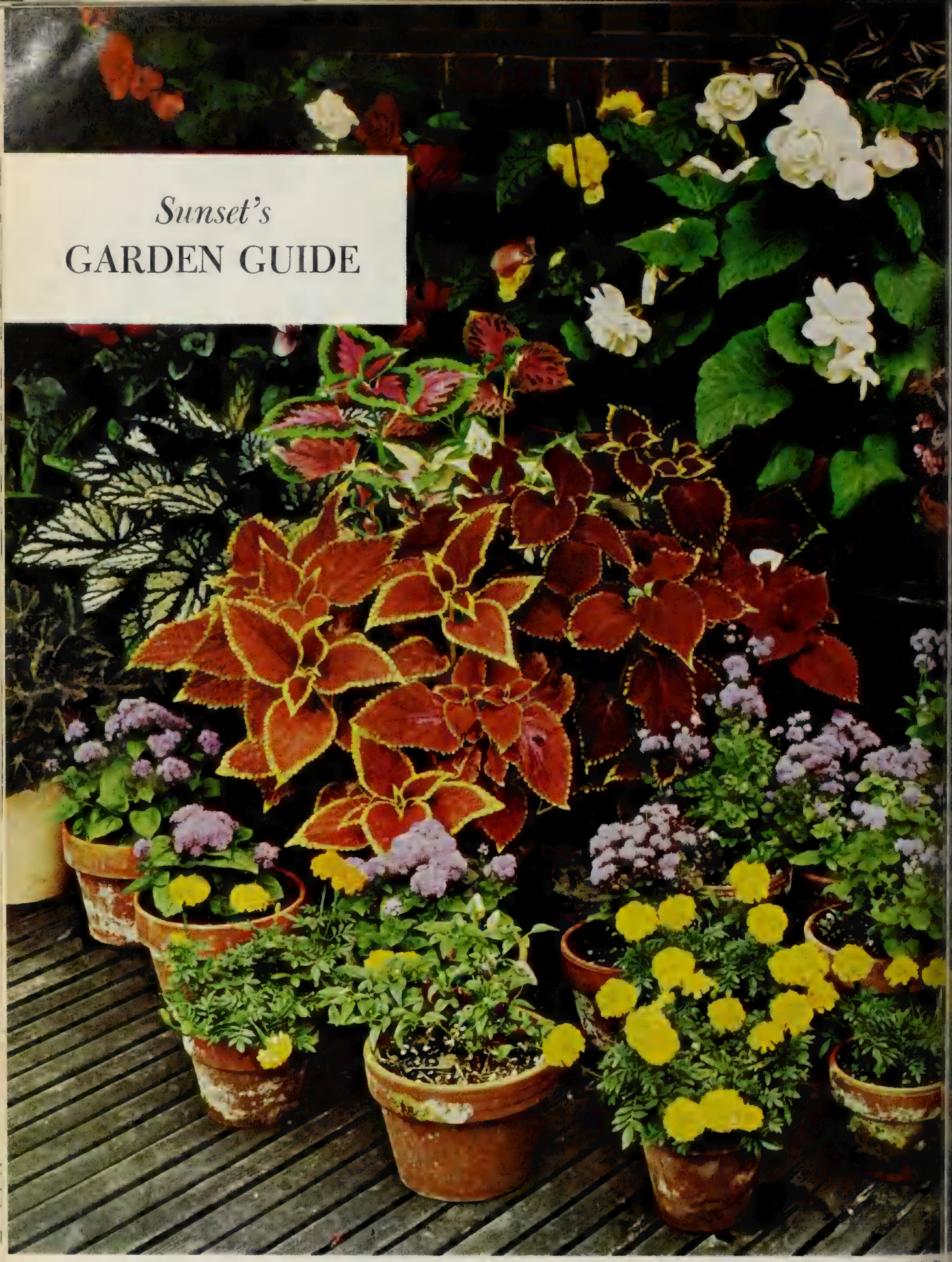
The Microwave Cooking Center

It's a special range made only by the General Electric Company. A complete cooking center all in one range. The self-cleaning P-7 Oven does both microwave and conventional cooking. So you can have your choice. Or even use both at once. You can cook foods up to 4 times faster using the microwave energy and brown with conventional heat at the same time.

Customer Care . . . Service Everywhere.™ This is our pledge that wherever you are, or go, in the continental U.S.A., you'll find a qualified GE serviceman nearby. Should you ever need him.

P-7 self-cleaning ovens. Another reason why General Electric is America's #1 Major Appliance Value.

GENERAL ELECTRIC



Sunset's GARDEN GUIDE

NORMAN A. P

August show, all in pots

Flowers, leaves, fruits adorn the August deck garden of Aziyadé Maxey in Laguna Beach, California. Flowers includ ageratum, begonias, marigolds. Leaves are coleus and Rex begonia. The fruits? Red pepper (center front)

UGUST IN YOUR GARDEN:

Heat brings rewards...and also brings problems

1793 the French republic instituted a w calendar based on logic rather than ıdition. The period from mid-July to d-August was Thermidor, the month heat; mid-August to mid-September ıs Fructidor, the month of fruit.

ıermidor and Fructidor are forgotten w, but heat and harvest remain. Au- st's problems—rampant weed growth, irsty or sunburned plants and people— me from the heat. But its rewards— sh greenery, flowers, fruits, and vege- ıles—come from the heat, too. So n't knock it too hard.

oing to pot gracefully

garden like the one on the left would a pleasure in any month; in August it a positive delight. It is not a care-free rden, but the care is concentrated gely at one point and all the plants get nilar treatment. Moreover, its location a shaded deck near the entry gives it gh visibility to owner and guests and ıkes for comfortable viewing.

cause plants are in pots and hence are rtable, the composition can be altered the owner's pleasure or refurbished a plant stops performing.

geratum, fibrous begonias, and mari- lds occupy the sunniest areas toward e right and front. Cyclamen and tuber- s begonias are toward the left and ar, nearest the house and an overhang- g shade structure.

ex begonias, coleus, and wandering w brighten the area with their foliage.

s not difficult to keep a collection like is going, but you must give it consistent tention. Water when soil dries at the rface (probably every day in August), ed often enough to keep plants grow- g and blooming actively, and groom by nching off dead blooms and leaves.

ıe owner, Aziyadé Maxey of Laguna each, California, had 270 pot plants hen this picture was taken last summer.

nd speaking of pots

ou may have noticed that clay pots ve been hard to find. Demand has been heavy and potteries are having a hard time keeping up. Take good care of the pots you have. After moving up plants to larger pots or setting out plants in the garden, clean the empty pots by scrubbing inside and out with a stiff brush and water.

It's especially important to keep the insides clean and smooth; roughness caused by clinging lumps of old soil will make it difficult to turn out root balls of plants you subsequently grow in the pots.

Nest pots of the same size and store upside-down (a more stable position) on a sturdy shelf; place pots far enough from the edge to avoid knocking them off and breaking them.

Storing pots on the ground is safe, but nested pots there are likely to harbor slugs and earwigs.

If you should break a pot, turn to page 109 of the January 1974 *Sunset* for instructions on how to fix it.

Scuffle along

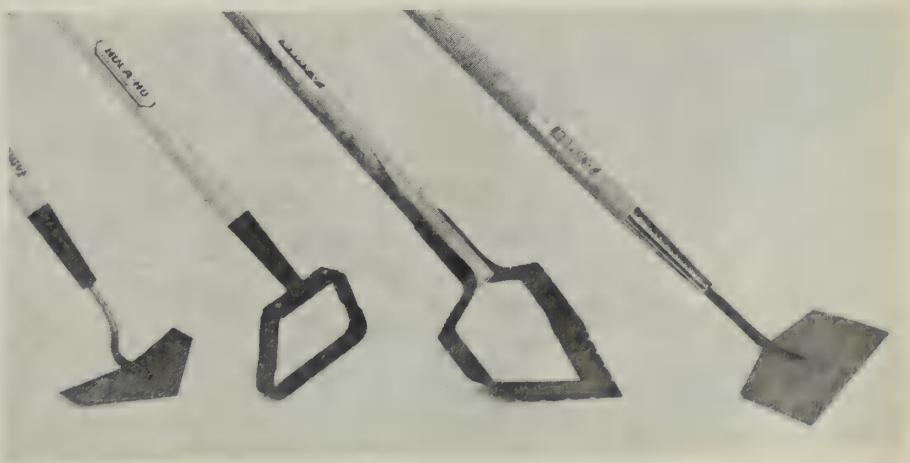
The hoes in the photograph below are mysteries to many American gardeners, but show them to a European professional gardener and watch his eyes light up. They are all variations of the Dutch or scuffle hoe; their basic functions are to destroy weeds and to keep the surface of the soil loose and open.

A loose, open soil layer (it's often called a dust mulch) helps prevent loss of water from the soil by breaking up the capillary tubes that suck up water in a tight or crusted soil.

Scuffle hoes destroy weeds by cutting them off at or slightly below the soil surface. You don't lift them—you just push and pull them along the ground. The action is less tiring to most people than the chopping motion used with a conventional hoe. The two on the left in the photograph are light in weight and good tools to begin with.

The big hoe with the toothed blade is heavy until you get used to it; it can handle tough weeds, though, and is also a useful lawn edger. The hoe on the right is best for working in soil that is already in good tilth. It chops off weeds slightly under the soil surface and its push-pull action enables it to work in close quarters without damaging plants. Dutch

Four kinds *of push-pull or scuffle hoes: Left, a lightweight scuffle hoe with edges fore, aft, and on either side. Next, a "hula hoe"; its blade rocks into a good scraping angle as you push it to and fro. Next, a heavy combination edger-scuffle hoe. Right, a Dutch-type scuffle hoe that goes quickly in well-prepared soil*



Sunset's GARDEN GUIDE

JOHN F. MARRIO

Three ground covers for shade. *Left, plug of Cymbalaria aequitriloba shows small leaf size, dense cover. Above are Australian violet (left) and blue star creeper (Isotoma fluviatilis)*

gardeners use it around close-planted cabbage, for instance.

Thoughts for a green shade

One of the ground covers shown here, blue star creeper (*Isotoma fluviatilis*), is brand new in the nursery trade. The other two have only recently become available in large quantities as ground covers.

All prefer rich soil in light or partial shade, and all spread fastest with ample water. All can take an occasional drying out after they have become established.

Tallest (to 6 inches) is the Australian violet (*Viola hederacea*); flowers of the commonest form are blue and white. Bloom season is spring and summ Blue star creeper is about the size baby's tears, but its pale blue, ½-in star flowers set it apart unmistakab *Cymbalaria aequitriloba* (sometim called dwarf Kenilworth ivy) is flat than many pancakes. Its tiny pur snapdragon flowers are pretty but ins nificant.

None will take foot traffic.

AUGUST CHECK LIST: *Here are jobs that need doing*

☐ **Grooming.** Keep annuals blooming by snipping faded flowers. Rake up dead leaves and other trash in the vegetable garden to deprive slugs and snails of a hideaway. Pick off dead fuchsia flowers to prevent berries from forming.

☐ **Growing for flowers.** Sow seeds of alyssum, calendula, pansy, and viola. Sow biennials and perennials. If you live near the coast, set out stocks and snapdragons for winter bloom as soon as plants appear in the nurseries.

☐ **Planting for fall, winter, and spring.** For quick effects plant celosia, marigolds, and petunias from 4-inch pots. Set out autumn crocus (both true crocus and the commoner *Colchicum*), daylilies, and iris.

☐ **Vegetable garden.** In interior valleys plant vegetables for early winter harvest. Put in beets, cauliflower, lettuce, radishes, and spinach. If you live near the coast, plant beans, beets, broccoli, Brussels sprouts, cabbage, cauliflower, lettuce, onions from seed or sets, peas, and spinach.

☐ **Watering.** If you are going on vacation and have a friend or neighbor watering for you, make his life easy by assembling all container plants in one location, writing up a schedule (with accompanying sketch of your garden layout), and having adequate hose and watering devices near important faucets.

Give special attention to new planting, plants in containers, azaleas, camellias, and rhododendrons. □

Eff.Aug.1

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Big photograph *at right shows clumps of low-growing ground covers planted between railroad tie steps in William Hahn garden, Stockton, California. Above, two kinds he used: dark green ajuga (top), and white-flowered Scotch moss*

DON NORMARK

Between and around steps . . . the softness, color, and fragrance of plants

Here's what will grow and which you can walk on

The small spaces between and aro garden steps need not go unplan they are often just right for tiny gro covers. Low-growing plants can only soften the lines of the steps, some also provide flowers and otl give you fragrant leaves.

The following list of ground cover divided into three groups: plants can take lots of traffic and are useful covering large areas; those that you walk on occasionally but not give he use; and those that you should where they will get no traffic.

Walk on them all you want

Chamomile *(Anthemis nobilis).* Br green, finely divided, fragrant lea Full sun, light shade. Hardy everywh

Dichondra *(Dichondra carolinen* Dark green, ½-inch-wide, round lea Sun or part shade. Hardy to about

Lippia *(Phyla nodiflora).* Forms flat of ¾-inch, gray-green leaves. I flowers. Sun. Mild winter zones.

'Tifdwarf' Bermuda, hybrid Berm

Mats *of creeping thyme fan out to fill in gaps between concrete steps at home of Joseph Rosenblatt, Salt Lake City*

Shiny-leafed, *non-fruiting wild strawberry grows around aggregate steps and railroad tie steps in hillside garden of Russell Wold, Pleasant Hill, California*

Tiny sedums, *grassy-looking clumps of sea pink grow around aggregate steps in Portland entry garden. Designer: Lawrence Underhill*

s. Low-growing, fine-bladed, slow-ading; doesn't set seeds. Sun. Mild er zones.

k on them sometimes

ter cress *(Erysimum kotschyanum).* ves pale green, small toothed, dense. ow blooms. Sun. Cold winter zones.

pet bugle *(Ajuga reptans).* Leaves green, 2 to 4 inches wide. Blue e flowers. Sun or shade. Hardy.

sican mint *(Mentha requienii).* Tiny, ht green, fragrant mossy leaves. ole blooms. Sun. Mild winter zones.

eping thyme *(Thymus serpyllum).* k green, round, aromatic leaves. olish flowers. Sun. Very hardy.

eping wire vine *(Muehlenbeckia laris).* Small, glossy, dark green es. Sun or mild shade.

lish daisy *(Bellis perennis).* Rosettes lark green inch-long leaves. Daisy ms on 3-inch stems. Light shade. ws in all zones.

en carpet *(Herniaria glabra).* Tiny, ted, bright green leaves. Sun or shade. Hardy in all zones.

Irish and Scotch moss. Mosslike narrow leaves are dark green (Irish) or yellow green (Scotch). Tiny white blooms. Sun or light shade. All zones.

Korean grass *(Zoysia tenuifolia).* Lumpy, fine-textured grass. Winter dormant. Sun to medium shade. Mild winter zones.

Mazus reptans. Narrow, bright green, tooth-edged inch-long leaves. Purple blooms. Sun. Cool summer areas best.

Moneywort *(Lysimachia nummularia).* Roundish leaves form light green mat. Needs shade and water. Grows all zones except desert.

Sea pink *(Armeria maritima).* Tufted clumps of grassy, 6-inch-long leaves. Pink blooms. Full sun. All zones.

Spring cinquefoil *(Potentilla verna).* Bright green five-part leaves. Yellow flowers. Sun. All zones.

Wild strawberry *(Fragaria chiloensis).* Dark green, toothed leaves. White blooms. Sun to light shade.

Woolly thyme *(Thymus lanuginosus).* Mats of small, gray, woolly-leafed stems. Pink blooms. Sun. All zones.

Keep off

Baby's tears *(Soleirolia soleirolii).* Tiny, tender, medium-green leaves. Shade. Not for Northwest or mountain areas.

Crane's bill *(Erodium chamaedryoides).* Dark green scallop-edged leaves. Pink-veined white flowers. Sun or light shade. Mild winter areas except desert.

Creeping buttercup *(Ranunculus repens* 'Pleniflorus'). Leaves glossy, deeply cut. Yellow blooms. Shade. All zones.

Saxifrage *(Saxifraga rosacea).* Mossy-looking narrow, fleshy leaves. White, pink, or red blooms. Shade. Cool summer and mountain gardens.

Sedums. Many low-growing kinds available. Sun. Some hardy in all zones.

Speedwell *(Veronica repens).* Narrow, dark green leaves, ½ inch long. Blue flowers. Sun or shade. All zones.

Teucrium chamaedrys 'Prostratum.' Toothed, bright green leaves. Red-purple blooms. Sun, shade. All zones. □

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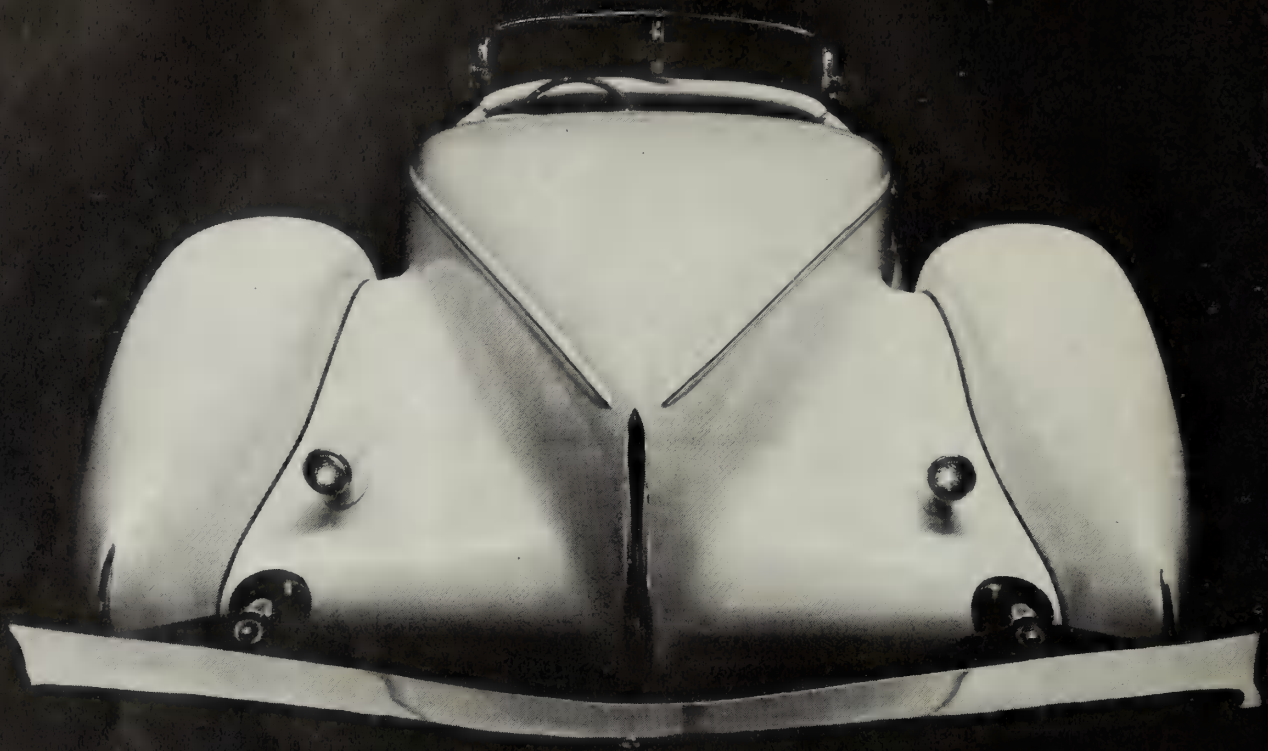

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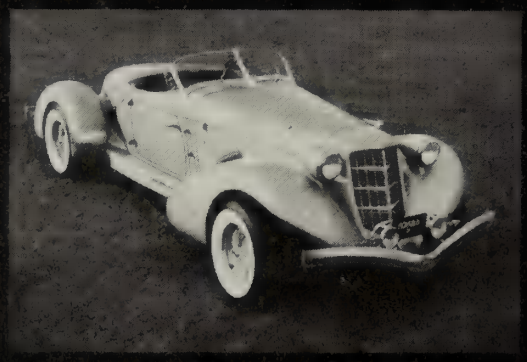

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Is this iris dividing year? Here's how to tell and to do it

ıst is the month to divide and re- iris, but is this the year?

ur iris has been growing in the same for four years it almost certainly s division. Here are some signs of crowding: Flower size has dimin- ; foliage fans are crowded, slender, grassy looking; centers of clumps no leaves but are full of matted, y-looking rhizomes.

anciers divide their plants more fre- tly than people who use iris more garden decoration or landscaping; essional growers and breeders di- plants every year. And, although ıst is the prime month for dividing replanting, July will work and so September in mild-winter areas. Iris certainly the most forgiving plants

JOHN F. MARRIOTT

break outer divisions narrow necks. Older, leafless should be discarded. Single ivisions are best

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you can grow.

To divide, lift clumps with spade or spading fork. Shake the soil from the root mass. (At this stage the clump may fall apart into two or three pieces. Don't worry; it will just make the rest of the job easier.) Cut or break off pieces of rhizome with attached leaf fans. Narrow, constricted places in the rhizome (necks) are where to cut. Each division should have one to three leaf fans, a section of plump healthy rhizome, and several well-developed roots near the fans.

Cut leaf fans back to 6 inches to make handling easier and to balance loss of roots. Strip off dead leaves. Write variety name on the leaf fan with grease pencil or felt tip pen to avoid confusing the division with those of other varieties.

JOHN F. MARRIOTT

Trim back *fans of leaves to 6 inches for easier handling and to balance loss of roots. Remove dead leaves, bloom stalks*

Prepare the soil at the planting site by spading in bone meal and well-rotted compost or manure (*not* fresh manure). Dig a planting hole deep enough to accommodate the roots of the division. Work up a mound of soil in the center of the hole, set the rhizome on it, spread the roots down and outward, and fill in with soil. The upper surface of the rhizome should be at or just below the level of the surrounding soil.

Aim the leafy end of the rhizome in the direction you wish it to grow. Iris planted in rows for cut flowers should all point the same way. To make a big clump for quick landscape effect, plant three rhizomes 8 to 12 inches apart with leaf fans facing outward. Water thoroughly after planting, then enough to keep plants fresh looking until rains take over in the fall. □

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esses, *succulents, a pink villa:*
ury Garden at La Mortola

A Riviera treat for plant lovers

Guide Michelin for Italy gives the ury Garden at La Mortola a single A lover of plants would award it a ellation as one of the great gardens e Mediterranean—or of the world.

althy Englishman, Sir Thomas Han- bought the property in 1867 and ediately set a staff of botanists and ners to work building a garden. His s were broad, but the most notable s are the subtropicals—eucalyptus, s, succulents. Sir Thomas' son ex- d and improved the gardens, which me world famous. They now con- about 6,000 kinds of plants.

60 the Italian government assumed nsibility for the gardens and opened to the public for a small fee. Today, ury Garden serves not only as a le museum of plants but as a living ment to the Riviera of the grand before World War II. The villa, for nce, has a bedroom where Queen ria slept, and the lower grounds, een the old Roman road and the n, are dotted by ancient olive and s groves. An impressive series of ways and terraces takes you from pper gate down to the sea.

garden lies just on the Italian side e border with France; Ventimiglia e nearest town of any size. Hasty lers on the *autostrada* between Nice Genoa can reach the coast road r at Menton (in France) or at imiglia. □

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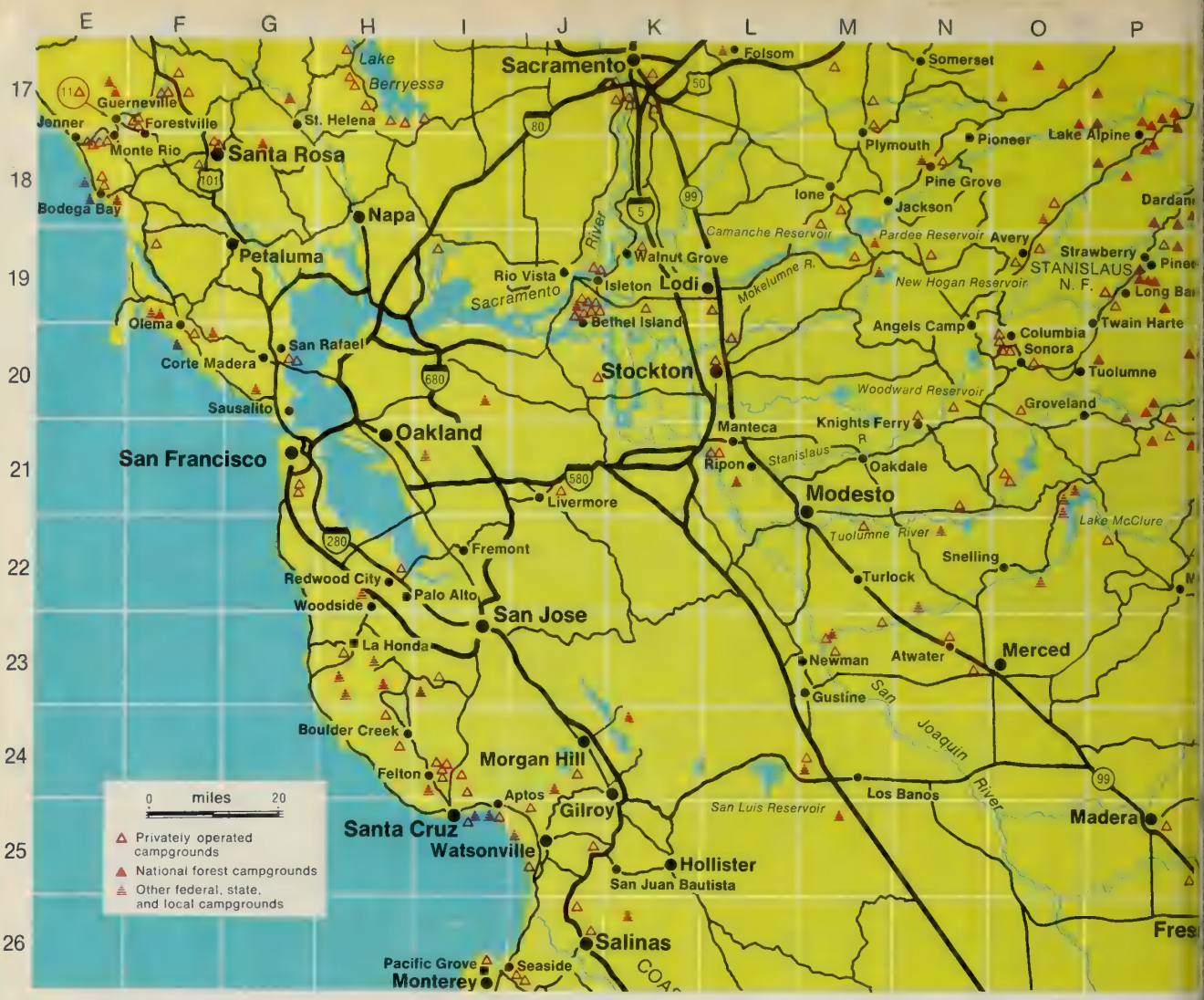

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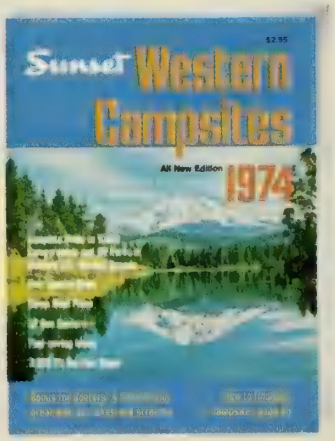

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DON NORMARK

Three kinds *of daisies make a summer color show of white, yellow, pink, and blue. Towering over them are some agapanthus*

Daisy bloom bed . . . not for the lazy

r **Northwest gardeners** dedicated and ient enough to work at acquiring nts and at keeping them alive from r to year, the bed full of blooming sies pictured above is something to ve for. There are three kinds of nts blooming there, all from mild-nate Africa and the Canary Islands, hard to find. They've been putting on continual show since June and will p up until the last tough frost in ober.

e tall plants at the very back are *rysanthemum frutescens*, often sold marguerite or Paris daisies. These nts go as high as 4 feet. Blooms are ite, yellow, or pink.

front of the marguerite daisies are *eospermum barberiae* (sometimes ed *Dimorphotheca barberiae*). These w between 2 and 3 feet in height and a rich pinkish lilac in color with k purplish blue centers. The under-es of the blossoms have deep blue pes.

e low-growing plants in front (about feet tall) have bright blue flowers h yellow centers. They are *Felicia elloides*. Though not true marguerite sies, they are often called blue mar-rites.

cause these three perennials seldom om the first season when grown from d, and because they are too tender to hstand Northwest winters, few gardeners bother growing them and few nurseries supply them. You may have to ask your nurseryman to order them from growers in California where the plants are common. Or you may have to take cuttings from friends.

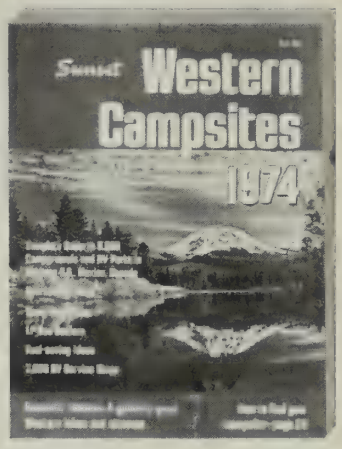
Set them out in late May when all danger of frost is past. Give them rich, quick-draining soil and a sunny location. All three require the same care. Enrich the planting bed before setting them out, fertilize them once during the growing season (August is a good, mid-season time to do it), and continue picking flowers to keep plants in bloom.

When frost threatens in October, take up the plants that you want to save and put them in pots. They'll winter over best in a greenhouse, but some gardeners use them as house plants in sunny, cool rooms.

Late next February, take cuttings from these plants just as you would from regular chrysanthemums. The cuttings root quickly in moist sand. Rooting hormone powder will help get them going. By mid-May they will be well established. Allow them to grow in the pots for a while and get a little root-bound; it encourages them to grow fast and bloom prolifically once they're set out.

If you don't want to go to the trouble of taking cuttings, merely set out the larger plants you've overwintered, but they may not produce as many blooms. □

". . . I've finally found a bargain . . ."



The new 520-page **Sunset Western Campsite Directory** still sells for $2.95.

The 1975 edition is going to be priced at $3.95, when it comes out next year.

Here's what the press has been writing about the '74 edition:

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CHRISTMAS IDEAS

A new catalogue of unusual and distinctive presents from the Metropolitan Museum — exact copies of ancient gold jewelry, a silver lotus ladle from the T'ang dynasty, rare early American glass, a Christmas snowflake and star, needlework kits of birds and flowers from the Unicorn tapestries, the Museum's own cookbook, and the 1975 engagement calendar, *Life in America*, are only a few of this year's suggestions. ☆ Also illustrated is a festive selection of more than fifty new Christmas cards. Both presents and cards are made especially for the Museum and can be bought *only* by mail or at the Museum itself. Send the coupon below, together with twenty-five cents for the 100-page color catalogue to be mailed September first.

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Before: *North side of house was exposed to alley without privacy or defined parking area*

After: *One section of two-part structure provides guest parking stall; the other (see below) is garden sitting room*

Good things happen to an awkward triangle in Bend

Turning an odd-shaped piece of gro next to an alley to good use was the t Mr. and Mrs. Harry A. English of Be Oregon, set for themselves. The res of their planning—plus several mo of hard work—have surpassed even t own expectations.

The space involved, a triangle betw the north side of their house and alley, looked cut off from the rest of t garden. And it left the house expose wind and dust, and in full public view was the only available space for off-st guest parking, but it seemed too un tected even for that use.

Their solution was an airy structure

Pool *beneath deck of garden sitting room is a recycled bathtub. In summer a tiny waterfall trickles into it*

DON NORMARK

Lath screens, *staggered to conform to lot line, are good background for hanging container plants, young junipers*

t-high cedar screens, built with 2 by nd 1 by 1-inch lath. An overhead of heavier lumber provides light e and also rigidity. The largest of sections is a guest parking stall that s off the alley and provides an at- ve entrance to the house. The other on is an outdoor sitting room with hes, a pool, and flowers in pots and ing baskets.

inspiration for building the garden g room was a vintage bathtub h the owners wanted to use as a It now sits in a frame of 2 by 4's v a rectangular opening in the 18- high deck. Its original white por- n interior has been covered with epoxy.

ncealed small pump recirculates a cal trickle of water through lava on the pool's edge. Potted foliage s nestle around the rocks. At night, voltage lighting adds the illusion of light. □

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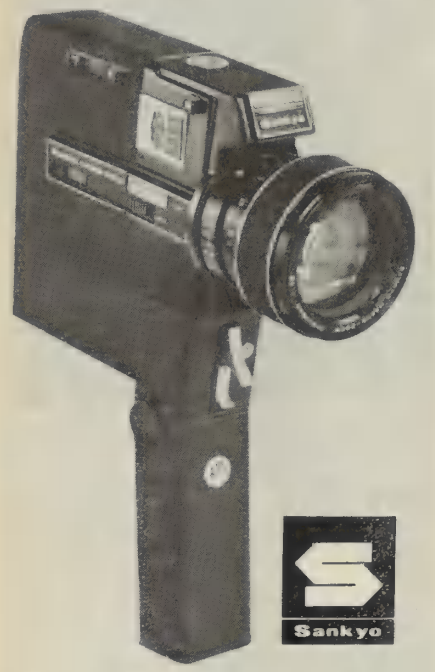

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DON NORMARK

Long *aluminum pipe, with nozzle for gentle water flow, helps grower get around thorny bush to base of plant*

Rose watering easily without waste, without starting mildew

Angled *into the soil beside every bush, a concrete drain tile carries water directly to roots. Two full tiles of water twice weekly are enough*

Rose growers with many plants to w are most concerned with three th making the job as easy as possible; plying enough water without wastin and keeping canes, leaves, and buds of moisture so that mildew and c leaf troubles don't get started (over sprinkling systems are impractical).

To find out how experts achieve all we talked to three veteran rose gro around Puget Sound. Each had his set of recommendations for getting job done.

John Frost of Medina likes to u simple watering wand (above). This aluminum pipe which attaches to a den hose has a nozzle on the end. stiff 4-foot pipe allows him to get w

Plastic tubing *trickles 3 gallons of water to each of 20 plants in 15 minutes. Short hose length at tube end slows water flow*

right to the base of each plant. The nozzle breaks up the flow of water so that it soaks evenly into the ground without spreading over a wide surface. It's also gentle enough that soil is not washed away from the roots.

Water wands like the one pictured are easy to find in garden supply stores. They cost about $6.

James Reynolds of Tacoma (a retired Lieutenant Colonel in the U.S. Army Corps of Engineers) has regimented his roses and sunk a 12-inch-long, 4-inch-diameter concrete drain tile beside each plant (bottom picture, page 128). About twice weekly he fills each tile with water. He feels that this gets the water right to the roots where it is needed.

Since the bark mulch around each rose stays dry, Lt. Col. Reynolds reasons, there's no evaporation moisture to encourage mildew. No water is wasted.

He also feeds the roses through the tiles and uses them to apply systemic insecticide when it's necessary.

Austin McClintock of Olympia uses a watering system (above) much like those used by big greenhouses for watering and feeding plants. He fits lengths of ¾-inch black plastic pipe with threaded hardware on one end to the garden hose; the other end is plugged. Each length of pipe has holes in it for tiny plastic tubing (called spaghetti tubing).

A special punch makes a hole in the plastic pipe and puts a small tapered brass insert into it for the small tubing to fit into. The brass fittings keep the water pressure from pushing the small tubes out of the pipe when the hose is turned on. A short, open-ended piece of garden hose over the end of the fine tubes forces the water to trickle out in two directions. Mr. McClintock bought the tubing and the punching device at a greenhouse supply outlet.

To sustain even water pressure, no more than 20 inserts are put in 25 feet of plastic pipe. Each rose gets about 3 gallons of water in 15 minutes' time. The tubes stay in the bed permanently. □

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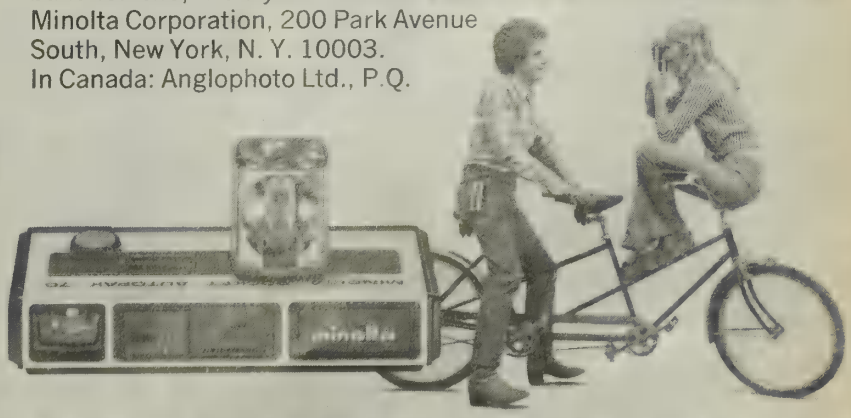

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The kings of the winter garden . . . you sow or plant now

JOHN F. MARRIOTT

Cauliflower seedlings *set out now (above) will give sturdy plants in about six weeks (right); these are just forming heads*

The cole crops — broccoli, Brussels sprouts, cabbage, cauliflower, kale—are kings of the fall and winter vegetable garden. Descended from plants that grew wild on the sea capes of northern and western Europe, they thrive on coolness and moisture. In the coolest coastside gardens, they will grow at almost any season of the year; in the inner valleys and deserts they thrive only in fall or winter.

The earliest plants will be appearing in nurseries this month; you can set them out now to mature in fall or early winter. You can also sow seed now to get plants large enough to set out in September or October for mid- or late-winter crops. One advantage of growing plants from seed is that you can experiment with unusual varieties not often sold as plants—red cabbage, crinkled or savoy cabbage, or purple cauliflower, for instance.

Sow seeds thinly in pots or seed pans of sterilized potting soil or commercial planting mix. Cover with ½ inch of mix, water well, and keep damp until seeds sprout—usually in about a week. When the first true leaves appear, transplant 2 to 3 inches apart in flats, or plant in individual pots or peat pots.

You can also sow seeds in a carefully prepared seed bed in the open ground. In hot areas, shade the seed bed with lath panels or stretched muslin panels. Space tiny transplants to stand 2 to 3 inches apart.

Set plants in their final places five or six weeks after sowing. Recommended spacing is 18 to 24 inches apart in rows 30 to 36 inches apart; home gardeners often space plants and rows 18 to 24 inches apart. If soil is rich and water adequate the plants produce well.

All the cole crops thrive in enriched soil. Imported cabbage worm is a serious pest; if you see holes in leaves or white butterflies around plants, spray foliage with *Bacillus thuringiensis* (Biotrol, Dipel, Thuricide). □

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Here are August garden events

August 4. Annual show of the County branch, American Fuchsociety. Place: Marin Art and Garenter, Sir Francis Drake Blvd. : 11 A.M. to 4 P.M. Free. Wellhybridizers will display blossoms here will be a plant sale.

rd. August 10 and 11. Summer al of the Diablo Japanese Ameri-Club. Place: clubhouse grounds, Treat Blvd. Hours: 2 to 10 P.M. lay; noon to 10 P.M. Sunday. Free. nikishima Bonsai Club of Concord ive a display.

nd. August 10 and 11. Annual sponsored by the East Bay Dahlia y. Place: Lakeside Park Garden , 666 Bellevue Ave. Hours: 1:30 .M. Saturday; 10 A.M. to 6 P.M. y. Free.

a. August 11. Display and sale of as by the Pacifica branch of the can Fuchsia Society. Place: Parkca shopping mall, Oddstad and Nova boulevards. Hours: 10 A.M. .M. Free.

. August 15 through 18. Floricullisplays at the Siskiyou Golden Place: fairgrounds, off Interstate ay 5. Hours: 9 A.M. to 11 P.M. ssion: $1; 12 and under, free.

eandro. August 17 and 18. Forinnual show by the San Leandro Society. Place: Bancroft Junior School, Bancroft and Estudillo es. Hours: 3 to 9 P.M. Saturday; M. to 6 P.M. Sunday. Free.

rancisco. August 23, 24, and 25. an Francisco County Fair Flower Place: Hall of Flowers, Golden Park, Ninth Ave. and Lincoln Hours: 10 A.M. to 8 P.M. Friday aturday; 10 to 6 Sunday. Admis-$1.

a. August 25. Annual fuchsia and plant sale presented by the a branch, American Fuchsia So-Place: garden of Mr. and Mrs. m A. Searle, 3356 L St. Hours: 10 o 4 P.M. Free. Plant sale will incactus, ferns, succulents, and other , as well as fuchsias.

afael. August 29 through Septem-Floriculture displays at the Marin y Fair. Place: Marin County Civic r. Hours: 10 A.M. to 10 P.M. Adon: adults, $1.75; ages 12 through ; under 12, free. □

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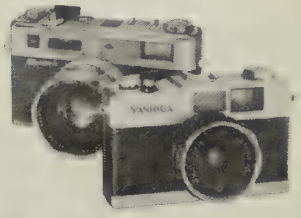

PETER O. WH

You'll find *a miniature botanic garden as well as many rare plants at Western Hills Rare Plant Nursery near Occidental. Big flower at right is clematis*

Exploring western Sonoma County's unusual nurseries

Wishing Well Nursery *has many unusual shade plants, including big staghorn ferns like the one at left. Store below is in the century-old Freestone Hotel*

What do northern California nu men do on their days off? Many of go nursery crawling in western So County. (Nursery crawling is some like pub crawling, but it cheers wi inebriating.) The kindly climate, erately priced land, and relaxed atmosphere around Sebastopol an cidental make the area a choice o small specialty nurseries.

Amateur gardeners, like the profe als, will find many choice plants have never seen before at the 1 cialty nurseries on this tour. Unless cated, the nurseries are open seven a week, generally from about 9 to 5 P.M.

To begin, turn off U.S. Highway 1 Cotati and head toward Sebastop State Highway 116 (Gravenstein way). Set your trip odometer on ze the freeway off ramp's stop sign. mile you will see the Dolinsek Be Gardens on your left at 7946 Gr stein Highway. Tuberous begonias wrist-thick stems are the specialty

Just south of Sebastopol at Gravenstein Highway South is the I gnani Nursery (6.4 miles), a large nursery. Closed Tuesdays.

At Sebastopol's south city limit miles) turn left on Lynch Road to wood Empire Camellias at nu 7949. There won't be any bloom a time, but all the latest and rarest

SU

ers *look over 4-inch pots*
ch and European heather at
ing's Heather Farm

Loop tour *begins at Cotati, takes you through Sebastopol, Freestone, Occidental*

Hanging ferns *at Oliveira's are bear's foot (foreground) and Aglaomorpha (center)*

are here. Closed Wednesdays and ays.

n to Gravenstein Highway and into Sebastopol. Turn left on Bo- Avenue which becomes Bodega way. Near the edge of town (7800 ga Avenue) is Terrell's Garden r (10.8 miles), a general nursery a magnificent collection of ferns other house plants. Almost across ad is the site of Luther Burbank's perimental fruit tree farm.

00 Bodega Avenue is the Soo Yun ia Nursery (11.4 miles). Here are old and new fuchsias, including s and Soo Yun introductions.

65 Bodega Highway, turn left and e hill to Springhill Geranium ery (13.1 miles) to see geraniums elargoniums in wide variety. Closed y afternoons.

ed along Bodega Highway to e Road; turn right on Jonive, then h Fiori Lane to Manning's Heather (18.2 miles). Here you will see ean, Mediterranean, and South an heaths and heathers, many of grown nowhere else in the United . There are also many heath rela- and rock garden plants.

n to Bodega Highway and con- west. At Freestone, where Bodega way veers off to the left, continue t ahead on Bohemian Highway. t the Wishing Well Nursery (21.3 miles) at the old Freestone Hotel, a century-old building which houses an antique store and the nursery offices. Notable plants at the Wishing Well are beeches, Japanese maples, and water plants. There are also resident parrots, ducks, and swans.

Drive on to Occidental and turn up the hill at Negri's Restaurant to 16250 Coleman Valley Road and Western Hills Rare Plant Nursery (25.8 miles). Here are many genuinely rare trees, shrubs, vines, and perennials in a miniature botanic garden. Closed Mondays (except by appointment).

Return to Occidental and head east on Graton Road. Turn right onto Sullivan Road, which leads into Mill Station Road. Look for the Oliveira Fern Gardens sign at 10600 Mill Station Road (40.2 miles). Emphasis here is on exotic maidenhair and basket ferns for house, greenhouse, or lanai culture. Closed Mondays.

Return to Sebastopol by taking Mill Station to Occidental Road, then turning left back to the Gravenstein Highway. □

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GERALD R. FREDRICK

Clusters *of lavender-pink colchicum flowers appear in August or September*

Bloom now . . . in the ground or not

Colchicum corms show up in nurseries this month—fist-sized, irregularly rounded lumps with shiny brown skins that split to reveal creamy interiors. Corms may also have long, pale, pointed flower buds or even lavender-pink flowers—for at this time of year when they are ready to bloom, colchicums don't wait to be planted.

They will bloom on a shelf or window sill without soil, water, or even light (the less light, the paler the flowers). Enjoy your flowers this way if you wish, then plant the corms out in the ground for bloom next August or September; or plant the corms in the ground as soon as you buy them, setting them with the tops 3 or 4 inches below the surface of the soil (they'll bloom in a few weeks).

Plant in sun or light shade; they thrive under deciduous trees or large shrubs, because their foliage flourishes in winter when woody plants are bare. In the mountains where winters are cold, leaves do not appear until spring. In either case leaves wither away by early summer and flowers spring up suddenly from bare earth. No matter how often you have seen it, the first appearance of the flowers is always a surprise.

Use them in shrub borders or in big rock gardens. Flowers look especially impressive springing out of a pebble mulch and silhouetted against a dark boulder. If soil is well drained, plantings thrive for years and even increase.

The variety commonly sold is 'The Giant'; it is often offered in nurseries as autumn crocus, meadow saffron, or *Colchicum autumnale.* □

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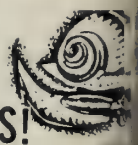

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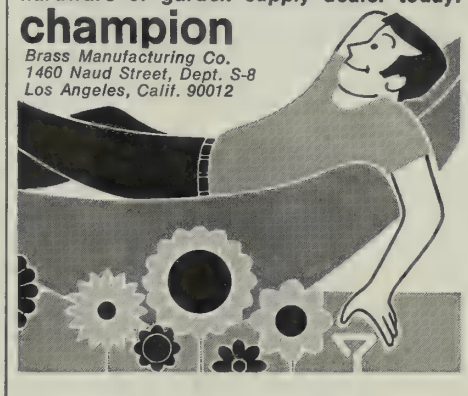

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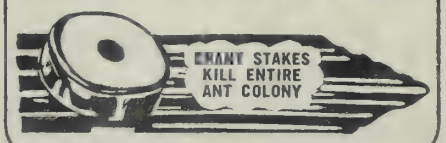

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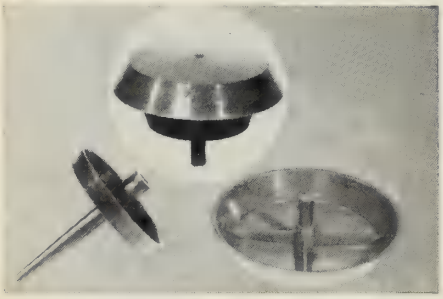

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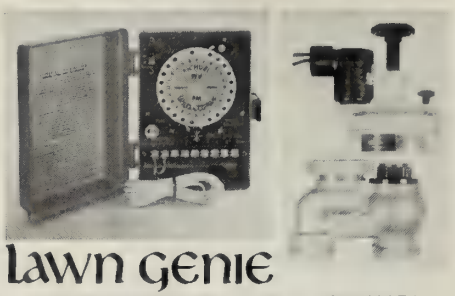

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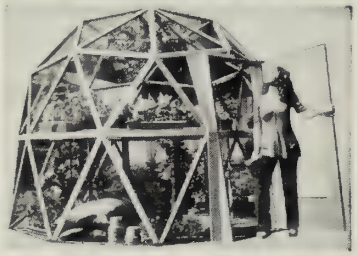

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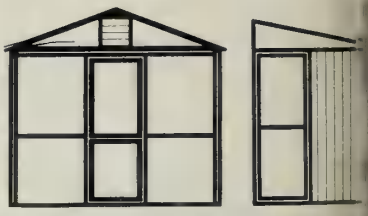

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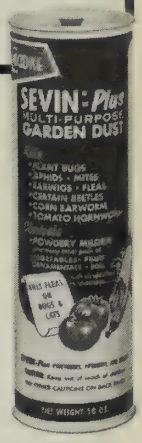

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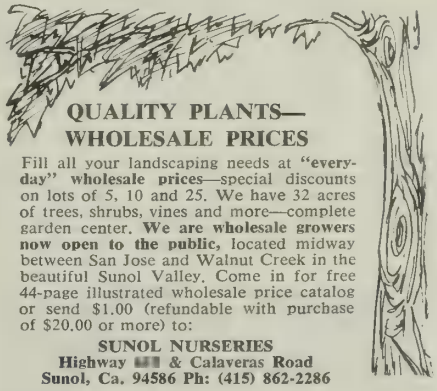

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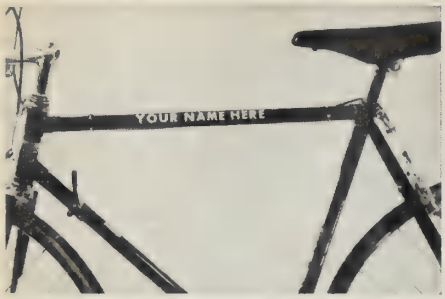

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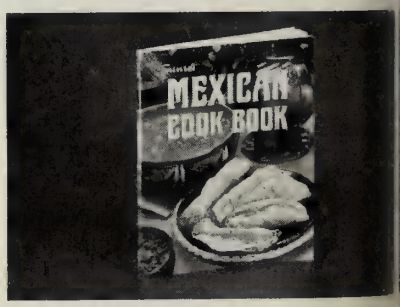

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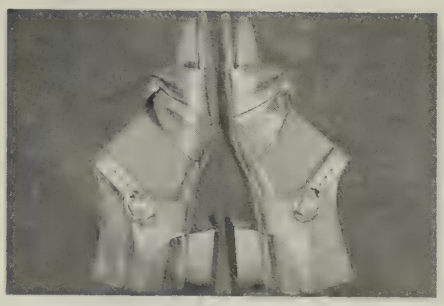

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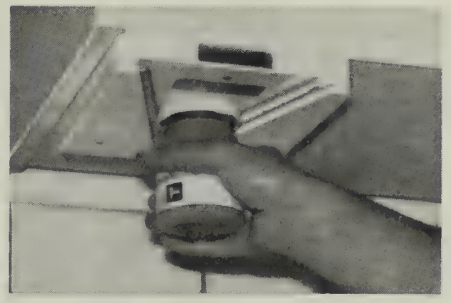

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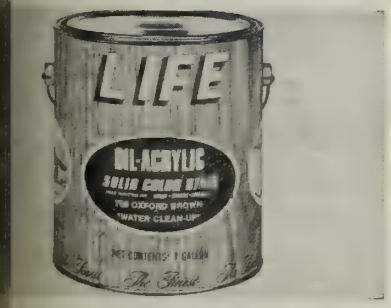

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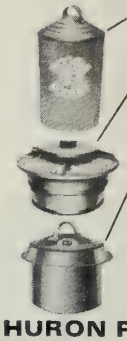

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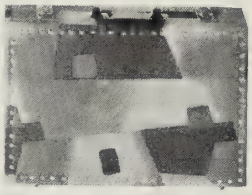

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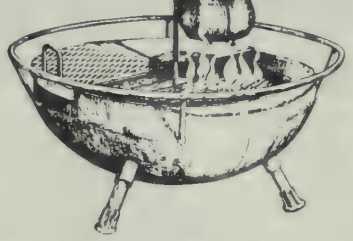

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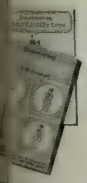

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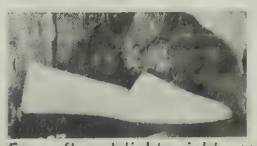

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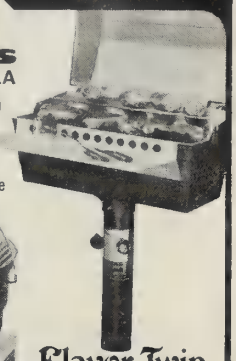

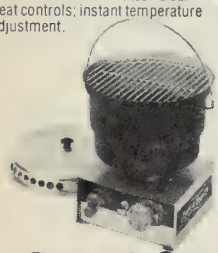

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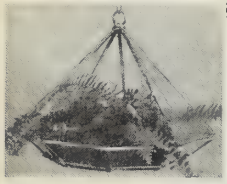

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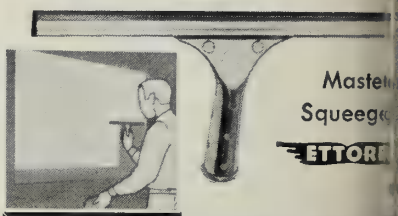

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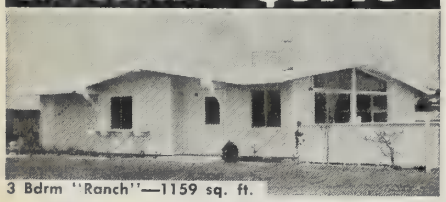

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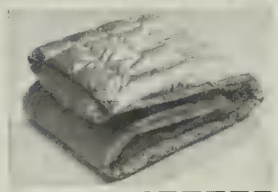

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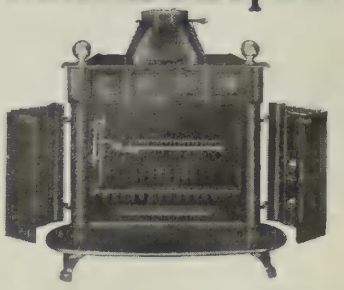

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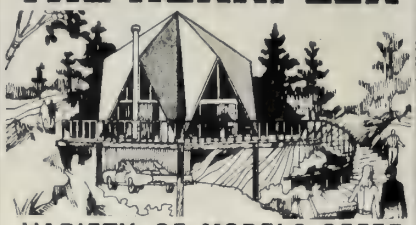

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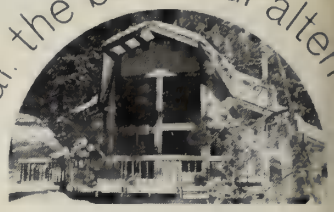

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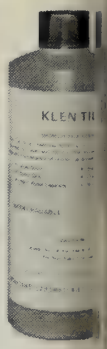

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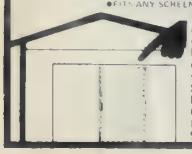

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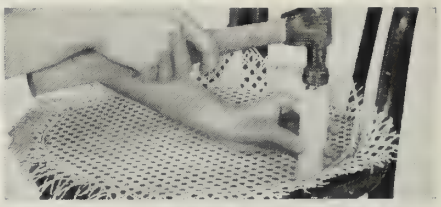

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LETTER FROM *Sunset*

The West is picnic country

A retired minister of our acquaintance still recalls how he welco moving to California where he could always count on good weathe his church picnic. Back in Pennsylvania two times in three he' rained out.

That's one reason the West is picnic country. Summer weather up down the Pacific Coast, though not uniformly rainless, is notably than the average east of the Rockies. Most of us don't experi summer thunderstorms. And our winter has more sunny breaks, our spring comes earlier.

The French seem to have originated the word, *pique-nique*. Amer define it as "a social entertainment at which each person contril food to a common table" or "an excursion or outing with the usually provided by members of the group and eaten in the open."

Neither definition is quite comprehensive enough to fit the West. S a good many years *Sunset* has been rewriting the definition of pi In the West, picnic should not be confused with "barbecue." T barbecuing is only a method of cooking which may be used in prep food for any meal cooked or served either indoors or outdoors.

Portability is an important factor. Car picnics, including the po before-the-game tailgate picnic, tend to dominate. But in recent *Sunset* has also presented: picnic on the ski slope, the hike-in picni bicycle picnic. In fact, one challenge is to see just how elegant a can be moved away from the dinner table and out in the open blanket or a bench or on people's laps—or for eating with fingers or without relying on fixed installations or carrying more than a mini of mechanical aids.

Another Western dictum is that there are no rules that can't be bro In *Sunset* we have reported the breakfast picnic, Easter brunch pi picnic for two, Thanksgiving dinner picnic, wedding picnic.

There's room for almost endless experiment and improvisation. menu mainstay may be carried or cooked in one sturdy utensil pot, Dutch oven, frying pan—how about a wok?), in a basket, or i utensil. Very often it is borrowed from some other national cui Mexican taco, Arab pocket bread, Armenian shish kebab.

Recently *Sunset* has been averaging about four picnic articles per —say, one per season. But this year is beating that record. You recall that the July issue (page 52) featured a traditional Spanish p loaf. In this issue you may already have seen *Picnic before theate* page 56. The 1974 total is already up to six, with more almost ce to come.

As you can see, we're still writing and rewriting that definition at *Su* the magazine of Western picnicking.

WINDOW ON THE WEST: *Lakeside picnicking*

These picnickers have a strategic location on the grass beside Portage Bay in the southeastern part of University of Washington campus. They can watch one of the world's best boat shows—all the craft moving through the Montlake Cut from Lake Union to Lake Washington or vice versa. And it's only a 5-minute walk along the shoreline to the Showboat theater (where student casts will be giving several performances in August).